

birth
control
you
provide

HORMONE-FREE • SIMPLE • EFFECTIVE

ACTUAL SIZE



CAYA.US.COM[®]
Caya
Contoured
diaphragm

WHAT IS CAYA?

Caya® is a soft, flexible, contoured diaphragm that covers the cervix.

It is a hormone-free birth control alternative, with no side effects.

It is woman-controlled and can be dispensed or prescribed by providers. It's simple, effective birth control you provide.



BASIC STEPS FOR USE

Full insertion and coaching instructions can be found within this guide. You will also find the IFU and steps on our website. Caya.US.com



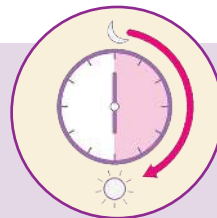
APPLY

Apply a water-based contraceptive gel to the Caya diaphragm.



INSERT

Insert Caya before having sex, making sure it covers the cervix.



REMOVE

Leave Caya in place for 6 hours after having sex before removing.



CLEAN

Wash with water and soap before storing, and reuse to 2 years.

HOW IS CAYA DESIGNED?

Caya's unique, contoured shape was thoughtfully designed by women to fit the female anatomy. It is formed using durable and flexible silicone and lasts up to two years.

CAYA IS ONE SIZE:
DESIGNED TO FIT
MOST WOMEN

97.6%



“

Using input from women and providers, each feature and combination of features was evaluated... The result is a design that is easy to use—especially for new users.

– Glenn Austin, Senior Technical Officer, PATH

WHY CAYA?

Caya is an ideal solution for women who want a hormone-free birth control option.

Unlike other medical or prescription contraceptives, Caya is used only when it's needed, at the moment it's needed.

It's birth control in their control!

WHO CAN USE CAYA?

While Caya can be used by most women it is particularly appropriate option for patients who are:

Breast feeding

Undergoing cancer treatment

Under risk of thrombosis

Six weeks post-pregnancy

Not controlling menstrual cycles

Suffering from latex allergies

Likely to prefer natural planning

Prefer no side effects

PREGNANCY PROBABILITIES

No contraceptive method guarantees 100% safety from unwanted pregnancy. The more often Caya is correctly inserted, and used with a spermicidal gel, the more safety this method will offer.

5%

OPTIMAL USE: Over 12 months when Caya is used together with buffering spermicidal gel.

17%

TYPICAL USE: Over 12 months when Caya is used together with spermicidal gel®.



WHY DO WOMEN LOVE CAYA?

There are so many reasons why women are choosing Caya:

Hormone-free

No side effects

Comfortable

Use only when needed

Economical choice

Easy to use

birth
control
in her
control

100% HORMONE FREE

WHAT CAYA USERS SAY:*

34% Were more relaxed having sex with Caya

66% Found their partners also liked Caya

66% Found it didn't interfere with sex

85% Found it was easy to use

95% Found Caya both comfortable to use and wear

* Results from surveys in 2015 and 2016.



WHY COACHING PATIENTS MATTERS

Coaching on Caya ensures proper usage, addresses concerns, and enhances overall satisfaction.

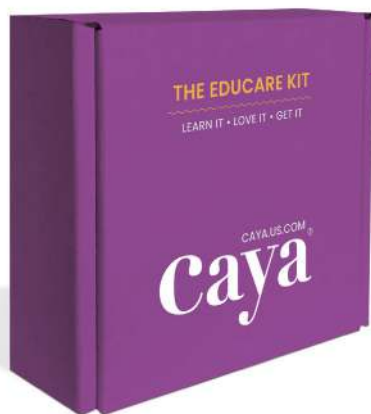
It empowers individuals through proper education, promoting patient comfort and confidence while using Caya.

Coaching plays a crucial role in optimizing the effectiveness of Caya.

IMPROVED INSERTION:

While over 75% of women were able to insert, correctly position, and remove Caya after reading only the instructions, that number soared to 94% with provider coaching.†

↑ 94%



EDUCARE KIT: COACHING IN ONE BOX

Our FREE Caya EduCare Kit simplifies the process of teaching your patients about Caya. Each purple box allow you to:

- Educate the patient about insertion and removal
- Show the patient how to clean and care for Caya
- Provide the patient with take-home information

Each EduCare Kit includes:



Single-use diaphragm*



Patient quick-info brochure



Caya IFU brochure

WHEN YOU ORDER CAYA EDUCARE KITS

We also provide tools for providers. We offer quick-reference guides, brochures, and office informational posters.

*Dispose of the single-use diaphragm (with the hole) after appointment. Do not let the patient take it home.

WHAT PATIENTS NEED TO KNOW



Below are basic care and insertion tips that should be covered. Comprehensive product and patient information can also be found on our website. Caya.US.com/provider-information.

CAYA INSERTION TIPS

- Can be inserted anytime before sex
- Raising one leg can make insertion easier
- Do not remove between repeated sex
- Insert more gel for each sex act

CAYA DIAPHRAGM CARE

- Check before use for tears or holes
- Check that it covers the cervix each time
- Gently wash with mild soap & air dry
- Keep Caya in the protective case

(Caya's clamshell case can be carried easily & discreetly.)

6 HOURS
Caya must be left inserted for at least six hours after sex

24 HOURS
Do not leave Caya inserted for more than 24 hours

2 YEARS
Caya can be used for up to two years



USE CAYA WITH A WATER-BASED GEL

It's recommended Caya be used with a spermicide or contraceptive gel that is WATER-BASED. For ease of use, you may dispense gel to patients. Contact us to order contraceptive gel.



† Schwartz JL, Weiner DH, Lai JJ, et al. Contraceptive efficacy, safety, fit, and acceptability of a single-size diaphragm developed with end-user input. *Obstet Gynecol*. 2015 Apr; 125(4):895-903.

INSERT & POSITION

When inserted correctly, Caya covers the cervix and is positioned in the upper part of the vagina, between the pubic bone and the vaginal walls.

Guide your patient through insertion and removal. You might also encourage them to follow the steps themselves so you can answer questions before they leave their appointment.



VISIT CAYA.US.COM:



These instructions and a brief training video are on our website.

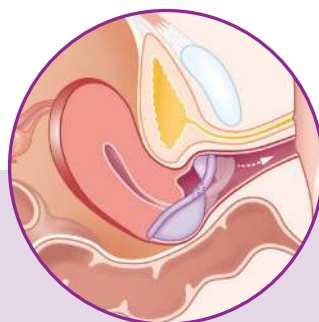
ENSURE CAYA FITS:

Caya is designed to fit *most* women, however there may be rare instances when Caya may be too small or too large to fit correctly.



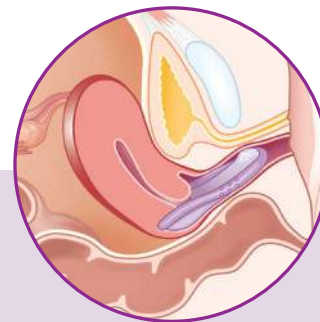
FITS CORRECTLY

Caya's anterior edge (where the removal dome is located) fits up behind the pubic bone/pubic notch. The cervical cup should comfortably cover the cervix.



TOO SMALL

If Caya does not cover the cervix, or if the pubic notch is too flat or shallow, the anterior edge of the diaphragm may not stay secure.



TOO LARGE

The patient will feel Caya's anterior edge, and possibly pressure on the urethra or rectum. The fit will not be secure and could slip out.

INSERTION & CARE STEPS

BASIC STEPS FOR FITTINGS



1. OPEN

Open the single-use diaphragm (with the hole) provided in the EduCare box.



2. HOLD

Hold the diaphragm by grip dimples, arrow pointed toward cervix.



3. APPLY

Squeeze Cayá and apply a water-based contraceptive gel to the edges.



4. INSERT

With one hand open the labia and insert Cayá with the other hand.



5. PUSH

Push anterior edge of removal dome up behind the pubic bone/pubic notch.



6. CHECK

Caya is correctly placed if cervix is completely covered by the diaphragm.



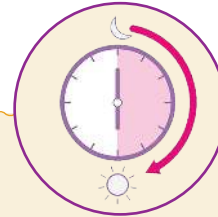
7. PATIENT

Have the patient check fit and practice inserting and removing it.



8. REMOVAL

Slip the finger into the removal dome, pull down, and remove Cayá.



9. ADVISE

Caya must be left in place for 6 hours after having sex before removing.



10. DISPOSE

Throw away the diaphragm with hole. Give the EduCare box & brochures to patient.

“

The Cayá diaphragm is an important step toward introducing diaphragms to a new generation of women who may never have seen or heard of this method.

– Martin Kessel, CEO, Kessel medintim GmbH

CONTRAINDICATIONS

A medical history should be taken to ensure Caya is suitable.

RELATIVE CONTRAINDICATIONS... Caya may not be used if the patient:

- An inability to insert, confirm fit, and remove the diaphragm (includes psychological, somatic, or physical difficulties)
- No basic understanding of her female anatomy (labia, introitus vaginae, cervix, pubic bone)
- A risk of HIV infection or has acquired HIV (Caya® diaphragm does not protect against HIV)
- History of recurring urinary tract infections
- Retroversion or retroflexion of the uterus (seldom)

ABSOLUTE CONTRAINDICATIONS... Caya cannot be used if the patient:

- Previously used a small or large traditional sized diaphragm
- Is within the six weeks after childbirth, a second trimester abortion, or a miscarriage, or has:
 - A small or absent pubic recess (notch)
 - Poor or absent pelvic floor muscle tone
 - Pronounced cystocele (bladder prolapse), uterine prolapse or rectocele
 - Acute urinary tract infection
 - Acute infection of the genital organs and/or minor pelvis
 - A history of toxic shock syndrome TSS (very rare)
 - A known allergy to sorbic acid/ sorbate (very rare)

WORLDWIDE USAGE

40 COUNTRIES ~ 50 STATES ~ 10+ YEARS

The Caya diaphragm—praised for its simplicity and its ability to put birth control into the hands of women—has proven to be an important contraception method around the world.

FREQUENTLY ASKED QUESTIONS

Knowing answers to the most-commonly asked patient questions can help increase patient comfort and usage. You can also direct patients to visit our website for instructions and more frequently asked questions.

Will I feel Caya inside me? Will my partner?

The dome of Caya is soft. Neither you nor your partner are likely to feel it inside. However, you should be able to feel it with your finger to ensure it's covering your cervix.

Can Caya be used with other contraception?

Absolutely. Caya is ideal for use with natural contraception methods. It can also be used as a back-up method of birth control. Caya does not prevent the spread of STDs.

Can I have sex more than once with Caya?

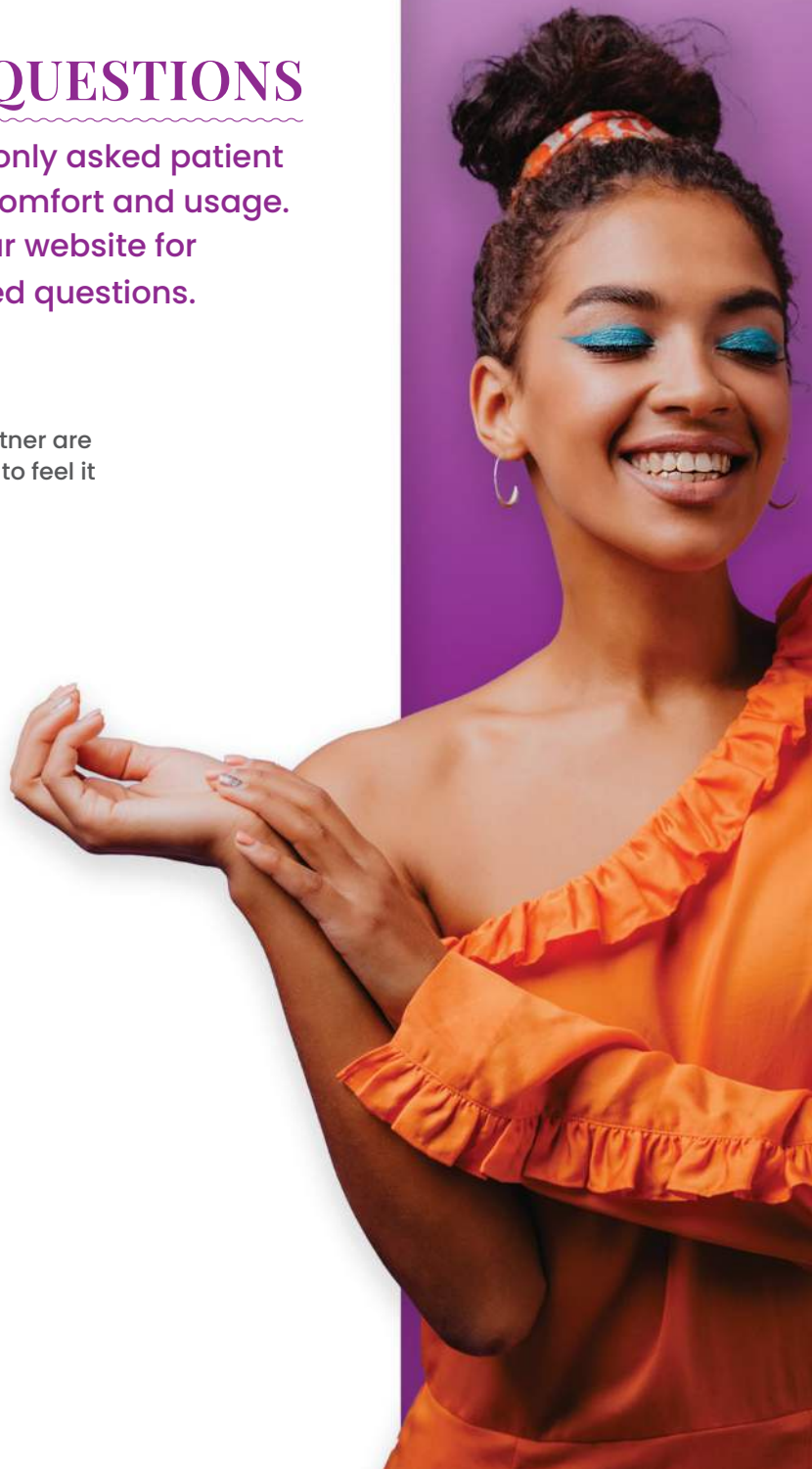
Yes, you can have sex more than once after inserting Caya. Just leave Caya in place and remove six hours after the last time you have sex.

Do you have instructions in Spanish?

Tienes instrucciones en español? Sí. Yes. English and Spanish instructions can be found by visiting the website or scanning the QR code.



Caya.US.com



3 WAYS TO PROVIDE CAYA TO YOUR PATIENTS

1 DISPENSE to patients directly

While you can prescribe Caya for your patients via pharmacies, the quickest and most efficient way for them to obtain it is directly from you during their appointment.

BENEFITS FOR YOUR PRACTICE:

No minimum & easy ordering

Educational info is included

Increases practice income

BENEFITS FOR PATIENT:

Increases patient comfort

Learn insertion & usage

No prescription delays



MAIL ORDER PHARMACY

Issue a Caya Diaphragm prescription for fulfillment via mail-order pharmacy with delivery directly to your patient's home.

2 3



LOCAL PHARMACY

Issue a Caya Diaphragm prescription for fulfillment and pick up at your patient's local pharmacy.

HOW TO ORDER CAYA

To request Caya EduCare Kits or provider materials, call or email. To order Caya product to dispense:

NEW CUSTOMERS:

1. Fill out an application

2. Provide state license info

3. Receive a customer login



EXISTING CUSTOMERS:

1. Place order via online portal

2. Call or email to place order

3. Fax order to customer service



HPSRx Enterprises is the exclusive distributor of Caya in the USA. Our mission is to help expand healthcare options for women. HPSRX is licensed to ship to all 50 states.



800-850-1657

customerservice@hpsrx.com