

## Fact Sheet - Dinka

# BĪNY-YE-BUUP-ADHIËËT-THOK

## The Diaphragm



### Biny-ye-buup-adhiëët-thok ye kē yīndā?

Biny-ye-buup-adhiëët-thok ee kē thiin cīt acōōm cē looi thilikoon ye nyantik tāau wanh de yic bī yen adhiëët kum thok.



### Biny-ye-buup-adhiëët-thok Ye Liëc Gël Kadä?

Tē tēëc moc ke nyantik ku moc mīth wanh nyantik yic, ka biny-ye-buup-adhiëët-thok ee mīth gël bīk cī la adhiëët yic. Na cē tik thök tōc ke moc, ka dhil biny-ye-buup-adhiëët-thok puöl ye yic thāät ka dhëtem ku ye kaam kën, kuat mīth tōu weeth aa bē riääk.

### Ye Diëc Luui Kadä?

Lon biny-ye-buup-adhiëët-thok ee rot tieëj tēn tik 88-94 buōot yic. Wētdeic, tē cīt tēn diäär ka 6 yet tik 12 buōotic aa liëc ruōön tē cök kek adhiëët kum thok. Luōn de ee rot njiec tieëj tēn diäär cē ye njieëc, diäär ye lac looi ku diäär cī biny-ye-buup-adhiëët-thok njiec kuöm.

### Biny-ye-buup-adhiëët-thok Ye Buup Kadä?

Biny-ye-buup-adhiëët-thok dēd ee dīt ku dēd ee kur. Apath bē ya kē thōj rot yīn yen kum yīn Panakīm ē Guiër Macthok wälä bī akīm dēd cē piōōc kuöm. Piōōc alōj dhël ye biny-ye-buup-adhiëët-thok kuöm ku njëeny bei a bē looi tēn yīn kööl gōoc kumkum ē adhiëët-thok.

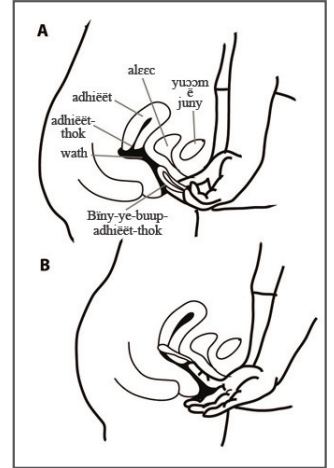
Biny-ye-buup-adhiëët-thok a lëu ba kuöm adhiëët-thok kuat kaam ca tak ka yī kēc gua tōc ke moc ku na ca thök tōu ke moc ka päl thīn thāät ka dhëtem. Yeen a cē path bē puöl wath yic thāä 30 rin na päl thīn kaam bēër cīt kēnē ka gōl bē wath yiëk yic arëem ku ye lääk wēt bei. Na kuöm biny-ye-buup-adhiëët-thok ka yī thëk, ka duk päl thīn thāät wan thāä ka dhëtem rin wanh du a lëu bē yic wuōök. Na ca thök tōc ke moc, ka yī bī biny-ye-buup-adhiëët-thok bei, ku lök, ku wak kōu pīu la calcal, thiaj apath ku tōu tē lir thuat.

### Buöp Ku Bī Bei ē Biny-ye-buup-adhiëët-thok

**Cuura A:** Kääjē ka yī cē cōök tōk kác thōoc nhom, wälä cääpē, wälä tääc piiny.

Rōöm biny-ye-buup-adhiëët-thok yic rin bē ye yic mat bē laj tē gōc yin yeen wanh du yic. Muk biny-ye-buup-adhiëët-thok ciëen tōk ku pet mur thok loj bī tē la weeth ciëen tōk. Gac biny-ye-buup-adhiëët-thok wath yic apy rëk bē ciën tē dēd kác dōöt, ka ca guääj loj bī kōn ciëen. Ruök thōj tuej yuōom juny cök. Gac ciin duun nyuōth wath yic ku ruany biny-ye-buup-adhiëët-thok kōu lon bī yīn adhiëët-thok yök ka kuöm. A ba yök la rīmrīm cēmēn dhie rueny yīn wuöm du thok.

**Cuura B:** Na wic ba biny-ye-buup-adhiëët-thok bēëy bei, ka rök thok loj bī tuej ku miëet piny ku mīit bei weeth.



### Dō Bē Rot Looi Tē Mēër Yīn Nhom Yeen?

Na mää r nhom biny-ye-buup-adhiëët-thok ka tääc ke moc wälä tē cīn thök tōc ke moc ku biny-ye-buup-adhiëët-thok a ye yök cē rot kuōc kuöm wälä tē cī yen kōu dhiäm, ka tekda ba meth yök. Piil ē liëny cuōj raan (ECP) aa tōu dukään wal yiic. Keek aa lëu ba ke dek cōkalon cī thāä 120 wan tēn tēëc yīn ke moc ka yī kēc rot tiit liëc ku keek aa bē njiec luui tē loc yīn ke dek tēn tēëc yīn ke moc ka yī kēc rot tiit liëc.

### Kä Lëu Bīk Wäac Tē Gël Yīn Liëc ē Biny-ye-buup-adhiëët-thok

Käk wäac aa lik ku na tēukä ka keek aa ya wuōök dhël lec, ku ee rot lac looi tēn diäär cī dhël lec yic kaj wuōök theer.

### **Ba Biny-ye-buup-adhiëët-thok Ƴɔɔc Tëno?**

A lëu ba biny-ye-buup-adhiëët-thok Ƴɔɔc dukän wal yic, ku biny-ye-buup-adhiëët-thok dëd a lëu bī dīt ku dëd a lëu bë kur, ku keya yīn a cë lëk ba dhiel la Panakīm ë Guiër Macthok wälä löör tēn akiēm du rin bë biny thōŋ rot yīn bēn la kuöm. Na cë biny-ye-buup-adhiëët-thok kuöm tēn yīn, ka lëk akīm bīk tē ye yeen kuöm thīn nyuōth yīn, tē ye yeen ruany thīn ba yök lon cī yen rot ŋiēc kuöm, ku tē ye yeen bëëy bei thīn. Apath kaŋ piööc panakīm rin bë na jöör yīn ka akīm wälä akuonyakīm a bī kony.

Apath ba biny-ye-buup-adhiëët-thok yam ben kuöm tē cīn yī yic tek (cokalon kēc biny war ceŋ), ku tē cīn cuai ba athieŋ 3kg dööt wälä ba waan.

### **Na wīc ba lëk kōk yök**

- *Jaam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lökayukar: [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)*
- *NRS (raan cīn ye yic) 133 677*
- *Wälä löc Panakīm ë Guiër ë Macthok töu akeunhom*

**[www.fpnsw.org.au](http://www.fpnsw.org.au) | telepun ë jam 1300 658 886 | dukän athör**

loilooi ë kīim & lëk | piööc & nyuuth | jác | guiër ë pinynhom

Aguir ë Guiër ë Macthok NSW a ce wëu luöoi bīk dhiët ku wëu keen yen luui aa bēn tēn Amathöm ë Pialguöp NSW

Lëk töu athör kēn yic a cë gāt ka ye kē lëk koc path ku cīn dëd lëu bī raan looi yeen. Aguir ë FNPNSW a cë kē riëc ebēn guir rin bë lëk kēn ya lëk la cök ku tēu nyien kööl wäär gēt yeen. Na leŋ raan dieer alon tē deen bī yen dhiët thīn wälä alon tē deen bī yen pial thīn tē tēec yen ke moc/tik, ka yeen apath bë la tēn akiēm de bë yeen la wëët ku kony yeen; tēda ka lëu bë la Panakīm ë Guiër Macthok.

Beric: Pendhëtem 2014/FPNSW 06/14

## Fact Sheet - English

## THE DIAPHRAGM

**What Is A Diaphragm?**

A diaphragm is a small shallow dome of thin silicone that a woman places inside her vagina to cover the entrance to the uterus (womb).

**How Does The Diaphragm Work?**

When the male partner ejaculates inside the vagina during intercourse, the diaphragm prevents the sperm getting into the uterus. After intercourse the diaphragm must be left in place for a further six hours during which time any sperm in the vagina die.

**How Well Does It Work?**

The diaphragm is 88-94% effective. This means that between 6 and 12 out of every 100 women who use this method for a year may become pregnant. The effectiveness increases with experience, consistent use and correct fitting of the diaphragm.

**How Do You Use A Diaphragm?**

Diaphragms come in different sizes. It is important to be fitted for one that suits you, at a Family Planning clinic or by other trained health professionals. Complete instructions on how to insert and remove the diaphragm will be provided at the time of fitting.

You can insert a diaphragm any time before you have sex but it must be left in place for at least six hours after intercourse. It should not be left in the vagina for more than 30 hours as this may lead to vaginal irritation and

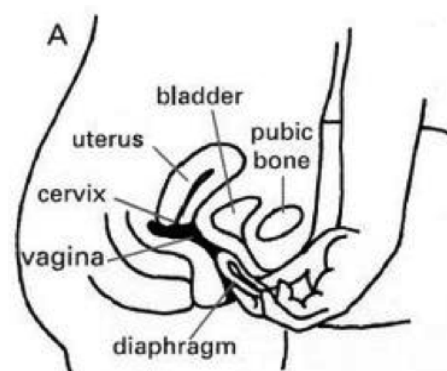
discharge. If the diaphragm is used during menstruation, it should not be left in place for longer than six hours because of the small risk of toxic shock syndrome.

After use, the diaphragm should be cleaned, rinsed, dried thoroughly and stored in a cool place.

**Inserting And Removing The Diaphragm**

Figure A. Stand with one foot on a chair, or squat, or lie down.

Squeeze the sides of the rim so that the diaphragm is narrow enough to slide into your vagina. Hold the diaphragm in one hand and spread apart the vaginal lips at the entrance to your vagina with the other hand. Slide the diaphragm in as far as it will go, slanting it towards the small of your back. Tuck the front rim up behind the pubic bone.



Reach into your vagina with your index finger and check that you can feel your cervix through the diaphragm. It will feel a bit like the end of your nose.

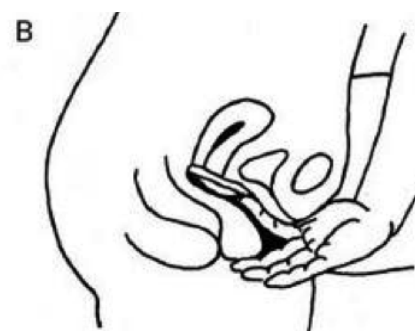


Figure B. To remove the diaphragm put your finger behind the front rim and pull it down and out.

**What If You Forget To Use It?**

If you forget to use your diaphragm when you have sex, or you find that the diaphragm was not properly in place, or there is a hole in it, there is a chance you could

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get pregnant. Emergency contraceptive pills (ECP) are available at pharmacies. They can be taken up to 120 hours after unprotected sex but they work better the sooner they are taken.

### Possible Side Effects Or Complications Of Using A Diaphragm

Side effects are rare but may include an increase in urinary tract infections, particularly in women with a history of urinary tract infections in the past.

### Where Can You Get A Diaphragm?

You can buy a diaphragm from a pharmacy, but diaphragms come in different sizes, so you need to go to a Family Planning clinic or your doctor to be fitted for your correct size. When you are fitted for a diaphragm make sure you are shown how to insert it, check it is in the correct position, and remove it. You should practise doing this in the clinic so that the nurse or doctor can help if you have any problems.

You should be re-fitted for a diaphragm after any pregnancy (even if it only lasts for a few weeks), and if your weight changes by 3kg or more.

### For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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