

Deutsch

Caya Diaphragm gel

Gebrauchsanweisung

(Bitte sorgfältig lesen und aufbewahren.)

Caya® Gel ist ein kontrazeptives Gel für Frauen zur Anwendung mit Diaphragmen als Methode zur Barriere-Verhütung.

Anwendung: Vor dem Einführen in die Scheide geben Sie ca. einen Teelöffel (ca. 4 ml) Caya® Gel in das Diaphragma oder die Portiokappe. Beachten Sie hierzu die jeweilige Gebrauchsanweisung Ihres Diaphragmas oder Ihrer Portiokappe. Das Zelulosegel bildet eine zusätzliche mechanische Barriere zwischen dem Diaphragma (oder einer Portiokappe) und dem Mutterdem.

Die Milchsäure mit ihrem physiologischen pH-Wert von 3,8 hat einen mobilisierungseffekt auf die Spermien – sie werden also in ihrer Vorwärtsbewegung verlangsamt bzw. gestoppt.

Zusammensetzung: Wasser, Milchsäure, Natrium-lactat, Zellulose, Sorbinsäure, Vanillin

Lagerung: Trocken bei 4 °C bis 25 °C lagern. Tube immer verschlossen halten. Mindesthaltbarkeit: Siehe Aufdruck auf der Tube.

Auch nicht restlos geleerte Tuben können mit dem Hausmüll entsorgt werden.

Nebenwirkungen: Caya® Gel verträgt sich aufgrund des pH-Wertes gut mit der Scheidenflora. Es kann so lang und so häufig wie gewünscht angewendet werden. Sollten Sie Beeinträchtigungen bei der Anwendung beobachten, been- den Sie den Gebrauch von Caya® Gel und fragen Sie Ihren Arzt vor einer weiteren Verwendung.

Wechselwirkungen: Keine bekannt.

Kontraindikationen: Es liegen keine Rückmeldungen zu Unverträglichkeiten vor. Caya® Gel darf nicht angewandt werden bei bekannter Überempfindlichkeit oder Allergie gegen- über einem der Bestandteile. Bei starkem Brennen oder Juckreiz während der Anwendung sollte das Gel abgesetzt und Rück- sprache mit Ihrem Arzt gehalten werden.

PZN 02950119
CNK 2951168

English

Caya Diaphragm gel

Instructions for use

(Please read carefully and keep for future reference.)

Caya® Gel is a contraceptive gel for women to use with dia- phragms as a method of barrier contraception.

- Fill the applicator with Caya® Gel. Fit the applicator on the

Application: Before inserting into the vagina, place about one teaspoonful (about 4 ml) of Caya® Gel in the diaphragm or cervical cap. Then fol- low the instructions for inserting the diaphragm or cervical cap.The cellulose gel creates an additional mechanical barrier between the diaphragm (or a cervical cap) and the uterine orifice. The lactic acid with its physiological pH of 3.8 has a motility inhibiting effect on the sperms – they are slowed in their forward movement or stopped.

Composition: water, lactic acid, sodium lactate, cellulose, sorbic acid, vanillin

Storage: Store in a dry place between 4 °C and 25 °C. Always keep the tube closed. For minimum shelf- life, see printing on tube.

Tubes that are not completely empty may also be disposed of with household waste.

Side effects: Caya® Gel, because of its pH, is well tolerated by the vaginal flora. It can be used for as long and as often as required. If you notice any adverse effects during use, stop using Caya® Gel and ask your doctor before further use.

Interactions: None known.

Contraindications: There have been no reports of women experiencing side effects during the use of Caya® Gel. Caya® Gel should not be used if you are known to be hypersensitive or have an allergy to one of the ingredients. If you experience severe burning or itching during use, stop using the gel and contact your doctor.

Important: If any serious incidents occur whilst using Caya Gel, notify the manufacturer and competent authority.

Important: Caya® Gel offers **NO** protection against sexually transmitted diseases. It is only effective when used together with a diaphragm (e.g. Caya®contoured diaphragm) or a cervical cap. Caya® Gel is **NOT** a safe contraceptive method when used alone without a mechanical barrier. Caya® Gel is water-soluble and compatible with condoms made of natural rubber latex or polyurethane.

Use of vaginal applicator: The vaginal applicator is used optionally if additional gel is to be introduced in front of the already inserted diaphragm if intercourse is repeated.

- Fill the applicator with Caya® Gel. Fit the applicator on the

tube and carefully squeeze the gel out of the tube until the dosage mark is reached.

2. Remove the applicator from the tube.

3. Introduce the applicator, aper- ture first, as deeply as possible into the vagina.

4. As soon as you have correctly positioned the applicator, empty it by pressing gently on the plunger.

5. Remove the empty applicator from the vagina without pulling the plunger, since otherwise this would draw the gel back into the applicator barrel.

6. This vaginal applicator is re-usable. However, it should be washed in warm water after every use.

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PZN 02950119
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Opbevaring:

Opbevares mellem 4 °C og 25 °C. Tuben skal altid holdes lukket. Mindste holdbarhedsdato: Se påtryk på tuben.

Heller ikke tuber, som er fuldståen- dig tomme, må bortskaffes med husholdningsaffaldet.

Bivirkninger: Caya®-gelen med den fine pH-værdi har harmoner perfekt med floraen i skeden. Pessar-gelen kan således anvendes så længe og så ofte, man ønsker det. Såfremt De måtte få ubehag eller problemer ved brug af Caya®-gelen, må gelen ikke benyttes længere. Rådfr. Dem med lægen, inden De benyt- ter gelen igen.

Interaktioner: Ingen kendte.

Kontraindikationer: Der foreligger ingen information om intolerance. Caya® gelen må ikke anvendes eller allergi over et af indholdsstofferne. Ved svie eller kløde under brug, må gelen ikke anvendes og lægen kontaktes.

Bemærk: Informer venligst producenten eller den ansvarlige myndighed, såfremt Der ved brug af Caya Gel skulle opstå alvorlige hændelser.

Bemærk: Caya® beskytter **IKKE** mod kønssygdomme. Den har kun sin virkning sammen med et pessar (f.eks. Caya® contoured pessar) eller cervixpessar. Hvis gelen anvendes alene uden fysisk bar- riere, er Caya® gel **IKKE** en sikker præventionsmetode. Caya®-gelen er vandopsløselig og forenelig med kondomer af naturgummi-latex eller polyurethan.

Anvendelse af vaginal doseringssprøjte: Doseringsprøjten anvendes i de tilfælde, hvor der skal indføres ekstra gel inden endnu et samleje, og pessaret allerede er anbragt i skeden:

- Fyld doseringsprøjten med Caya® gel. Sæt doseringsprøj- ten på tuben og tryk forsigtigt gelen ud af tuben, indtil den anvisne doseringsmarkering er nået.

2. Fjern doseringsprøjten fra tuben.

3. Før doseringsprøjten med åbnings- fortil så dybt ind i skeden som muligt.

4. Så snart der har plasseret applikatoren rigtig, tømmer du den ved i trykke forsigtigt på stempelet.

5. Fjern den tomme doserings- sprøjte fra skeden uden at trække udad i stempelet, da gelen ellers vil blive suget ind i stempelet igen.

6. Denne doseringsprøjte kan anvendes flere gange. Den skal imidlertid rengøres hver gang med varmt vand efter brug.

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