

**Failure rate:  
17-23%**

## 4: DIAPHRAGM, CAP, and SHIELD

All three barrier devices are available only by prescription. They work by covering the cervix and blocking sperm from entering the uterus.

The diaphragm, cap, and shield share some similarities:

- The devices do NOT protect against STIs
- Spermicide must be applied to them before they are inserted
- They must remain in place for the recommended amount of time (usually 6-8 hours) after intercourse to prevent pregnancy
- To avoid infection, they should be removed within the instructed amount of time
- They can be washed and stored for repeated use

**Diaphragm**



**Cap**

**Shield**

