



## **Statement from the Faculty of Sexual and Reproductive Healthcare: discontinuation of Reflexions® flat spring diaphragm January 2015**

The Faculty of Sexual and Reproductive Healthcare (FSRH) has been made aware that the Reflexions® flat spring diaphragm range, manufactured by Williams Medical, is being discontinued in the UK.<sup>1</sup>

The Reflexions diaphragm was available in a range of different sizes and a disposable version could be used as a fitting aid for new users. Williams Medical have confirmed that there is still a limited stock of the Reflexions range but once this has been exhausted no further supplies will be available.<sup>1</sup>

The FSRH recently produced a new product review of the Caya® diaphragm which can be purchased in a single size and is designed to fit approximately 80% of women.<sup>2</sup> FSRH recommends that services providing diaphragms, including Caya, should assess women to ensure that the chosen diaphragm fits correctly.

The type B coiled metal spring diaphragm, for example Milex Omniflex®, and type C arcing spring diaphragm, for example, Milex Arcing Style®, are also still available.<sup>1,3</sup> A fitting kit is available for the Milex diaphragms which contains the five most common / popular diaphragm sizes used in the UK; the kit can be autoclaved and re-used.<sup>4</sup>

The Caya and Milex diaphragms are manufactured from non-latex silicone material.<sup>2,4</sup> Femcap, which is a latex-free cervical cap, can be prescribed and is available in three sizes.

More information regarding barrier methods of contraception is contained in the FSRH clinical guidance *Barrier methods for contraception and STI prevention*.<sup>5</sup>

### **References**

- (1) Williams Medical. Reflexions diaphragms discontinuation. 2014. (Personal communication with the Clinical Effectiveness Unit)

- (2) Faculty of Sexual & Reproductive Healthcare. One size contraceptive diaphragm (Caya). 2014. Available at:  
<http://www.fsrh.org/pdfs/NewProductReviewCaya.pdf> (Accessed: 17/12/14)
- (3) Joint Formulary Committee. British National Formulary. British National Formulary: BNF 67. British Medical Association and Royal Pharmaceutical Society; 2014.
- (4) Cooper Surgical. Vaginal wide-seal diaphragm fitting kit: directions for use. 2014. Available at:  
<http://coopersurgical.com/DownloadHelper/Default.aspx?bvin=6d30411b-7c61-411a-b847-540696abac2f> (Accessed: 17/12/14)
- (5) Faculty of Sexual & Reproductive Health Care. Barrier Methods for Contraception and STI Prevention. 2012. Available at:  
<http://www.fsrh.org/pdfs/CEUGuidanceBarrierMethodsAug12.pdf>. (Accessed: 17/12/14)