



Lea Contraceptive



Health Services Department, Public Health
Infectious Diseases Control Division

The Lea Contraceptive or Lea Shield is a new contraceptive method. It is a vaginal barrier made of a special plastic. It is cup-shaped in design, can be left inserted for a period of up to 48 hours and is reusable for up to six months of unlimited use. It is available in one size only.

How does it work?

The purpose of the Lea Shield is to cover the opening of the uterus without being held by the cervix. The back thick lip of the cup is designed to fill the “pocket-like” space behind the cervix. The Shield also has a one-way valve with two purposes: it allows for trapped air to be discharged during insertion, thus, creating suction and ensuring a secure fit; and it allows cervical secretions to escape so that unpleasant odour and infection (which can lead to discomfort) are virtually eliminated.

What else do I need to know?

Although the Lea Shield appears big or bulky to women using it for the first time, testing has shown that this device inserts easily and is seldom felt during sex by either partner. The size and shape of the Shield are necessary for sperm blocking action.

Some notes about insertion:

You must read the instructions that come with the device to help guide its insertion and its removal.

Always wash your hands before handling and inserting the Lea Shield to prevent the introduction of bacteria into the vagina. The Lea Shield must be inserted before you have sex.

The Lea Shield does not work by itself—you must coat the inside of the bowl-shaped device with a contraceptive jelly (about one-third full). Too much jelly could make the insertion slippery and messy.

The Shield must stay in place for at least eight hours after sex. If you have sex again within eight hours after the last sex act, no additional spermicide is needed. Never remove the Shield to apply more spermicide. The Shield must be kept in place for at least eight hours after the last time you had sex and for no more than 48 hours.

After removing the Shield, it should be washed with mild soap and water. A Q-Tip can be used to clean the valve.

Some additional notes:

- 1) You must be comfortable with your body before trying this birth control method—if you have used tampons, insertion of the Lea Shield may not be difficult.
- 2) If you notice a foul odour while the device is in place or after its removal, contact your doctor.
- 3) The Shield may turn yellow after four to six months—a new Shield is required at least every six months.
- 4) If you notice blood stains in the bowl of the device upon removal and it is not around the time of your period or ovulation, contact your doctor.
- 5) The Lea Shield is 98 percent effective if used correctly and with a spermicidal jelly.
- 6) The Shield can be inserted eight hours before intercourse and can be left in up to 48 hours after intercourse.

Although the Lea Contraceptive provides some protection against sexually transmitted infections, a latex condom should be worn each time you have sex.