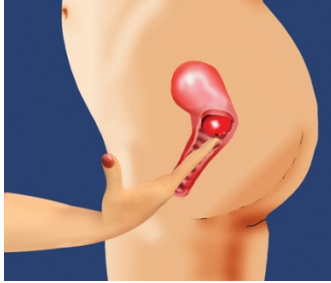


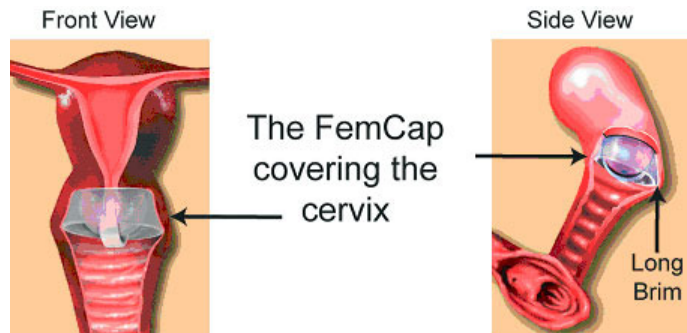
## 1. Before Inserting the *FemCap*

If possible, urinate and empty your bowels. Wash your genital and rectal areas and your hands before inserting the Cap. This will lessen the risk of contamination.

**Find your cervix.** You must always check the position of your cervix before inserting the *FemCap*. To find your cervix, insert your finger deep into your vagina. The cervix feels like the tip of your nose, and its position varies according to the time of the month and your body position.



**This step is very important because the cervix is your target, and you must know where and how deep you need to place the *FemCap*.**



**Caution: Do not douche while the *FemCap* is in place. Shower or wash as usual.**

## 2. Inserting the *FemCap*

To prepare the cap for insertion, hold the cap halfway between the long and short brim. Put about **one-quarter** teaspoon of spermicide into the bowl of the cap.



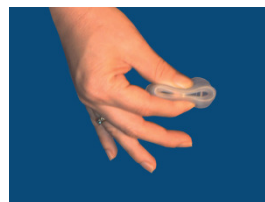
Turn the cap over and put about ½ teaspoon of the spermicide into the groove between the dome and the brim. This groove is designed to hold the spermicide.



Spread the spermicide in a thin layer all over the *FemCap* except for the spots where your finger and thumb are holding the cap (this will prevent the *FemCap* from slipping out of your grasp).



Hold the cap in one hand with the inside of the bowl facing up and the longer brim facing your body. Squeeze your thumb and finger together to flatten the cap.



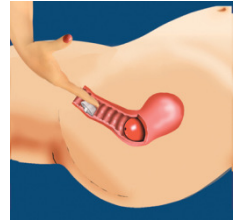
Position yourself in one of these ways: standing with one leg raised on a chair or toilet seat, squatting with both feet on the floor, or lying on your back with both knees bent.



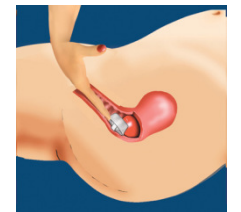
Separate the lips of your vagina with your free hand. Holding the *FemCap* in the squeezed, flattened position with the bowl facing up, insert the cap into your vagina with the long brim entering first.



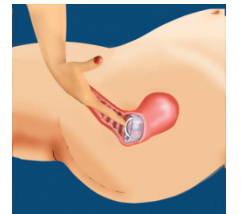
Push the *FemCap* **DOWN** towards the anus,



...and **DOWNWARD BACK** as far as you can...



...then push the *FemCap* to cover the cervix completely.



Once the *FemCap* is in place, you may have sex as many times as you wish during the next **42 hours**. You should, however, recheck the position of the *FemCap* and re-apply about ½ teaspoon of spermicide before each act of intercourse, **without** removing the *FemCap*.

**It is important to avoid placing the *FemCap* partway between your vaginal opening and your cervix. Make sure the *FemCap* is pushed all the way up to cover your cervix completely.**

