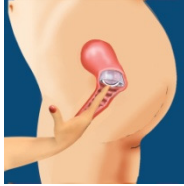


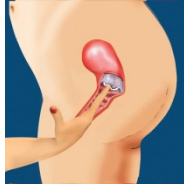
3. To Check Position of the *FemCap*

Check the position of the *FemCap* immediately after insertion, and at least 15 minutes before sexual arousal. This is to ensure that the *FemCap* is placed correctly.

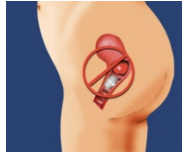
It is best to squat down, and then insert your finger into your vagina...



...press upwards on the strap and the dome of the *FemCap* while squatting down. Continue this pressure for at least 10 seconds.



If the *FemCap* is not covering your cervix completely, either push it onto your cervix, or remove it and reinsert it.



4. *FemCap* Removal

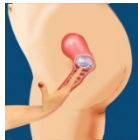
Caution: Wait at least six hours after your last act of intercourse before removing the cap. If you remove the *FemCap* sooner, you may increase the chance of pregnancy.

Caution: Be careful not to scratch your vagina with your fingernail while removing the *FemCap*.

To remove the cap, it is best to squat and bear down; as if you are having a bowel movement.



This will bring the cap closer to your finger.



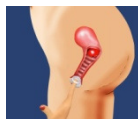
You may rotate the *FemCap* in any direction that is comfortable for you.



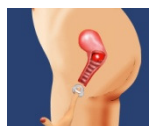
Push the tip of your finger against the dome of the *FemCap* to dimple it. This will break the suction and allow room for your finger to fit between the dome and the removal strap.



Hook the removal strap with the tip of your finger.



Finally, gently pull the *FemCap* out of the vagina.



5. Care of the *FemCap*

Wash the cap thoroughly in warm, soapy water and rinse it. Dry the *FemCap* with a soft clean cloth. Do not use heat, synthetic detergents, organic solvents, or sharp objects to clean the *FemCap*.



Keep the *FemCap* in its storage container when not using it.

Replace the *FemCap* every year or sooner if you notice holes, tears, cracks or signs of deterioration.

How Supplied

The *FemCap* is supplied non-sterile, clean, ready to use and is individually packaged in a reusable plastic storage container in an outer carton. The *FemCap* is provided with a package insert that details information and instructions for use. In addition, an instructional video tape and reusable reference guide are included to assist in the placement and removal of the *FemCap*.

The outer container is marked with the *FemCap* size diameter. The *FemCap* is available in three sizes: 22, 26, and 30 mm, as measured across the inner rim diameter of the bowl. The *FemCap* is also supplied with an identification card that is marked with the cap diameter and manufacturing lot number. This card should be kept in a safe place to allow for identification of the *FemCap*.

Warning and Precautions

To Avoid the Risk of Pregnancy, You Must Use the *FemCap* Correctly Every Time you Have Sex.

If you fail to do so, consult your doctor or nurse, as soon as possible. He or she can provide you with information regarding emergency contraception.

Both insertion and removal of the *FemCap* should be totally painless. If you experience any pain or irritation, or if you have any questions, please consult your doctor or nurse.

The *FemCap* has not been shown to prevent the transmission of HIV, the virus that causes AIDS. A condom should always be used if there is a risk that HIV/AIDS may be transmitted.

Do not use the *FemCap* during your period. If you do have sex during your period, you should use a condom.

If you ever notice a bad odor while the *FemCap* is in place, or if the *FemCap* has a bad odor upon removal, contact your doctor or nurse.

Although the *FemCap* has never been found to cause Toxic Shock Syndrome (T.S.S.), to avoid the remote possibility of T.S.S., never use the *FemCap* during menstruation, and do not leave it inside the vagina longer than 48 hours.

Symptoms of T.S.S. include: sudden fever (102° or more), vomiting, diarrhea, dizziness, muscle aches, or a rash that looks like a sunburn. If you have any of these symptoms, remove your *FemCap* and consult your doctor immediately.