

The Zavos Home Conception Pak Instructions for Use*

**If you do not understand these instructions or if you have any questions, please call us at 859-278-6806, or log on to our website at www.homeconceptionstore.com and click Contact Us to send us an email.*

Cervical Cup with Stem

To use the Cervical Cup with Stem correctly, you must know where the cervix is located. If you do not know where your cervix is, follow these directions:

- Lay on your back. Separate the lips of your vagina and insert 2 fingers.
- As you reach the back of your vagina, you will feel a “dip” on the back wall. This is the area where semen “pools” after intercourse.
- Your cervix is located just behind this “dip”. It should feel like the tip of your nose.

How to insert the Cervical Cup with Stem:

1. Apply Pre-Seed Lubricant to vaginal area and outer sides of the Cervical Cup.
2. Pinch the sides of the Cervical Cup together.
3. Insert the cup into your vagina and place it over the cervix, making sure that the end of the stem is outside the body.
4. Aspirate semen into the syringe from the test tube.
5. The white ball in the insemination cannula should be below the side hole.
6. Place the insemination cannula in the Cervical Cup stem through the side hole.

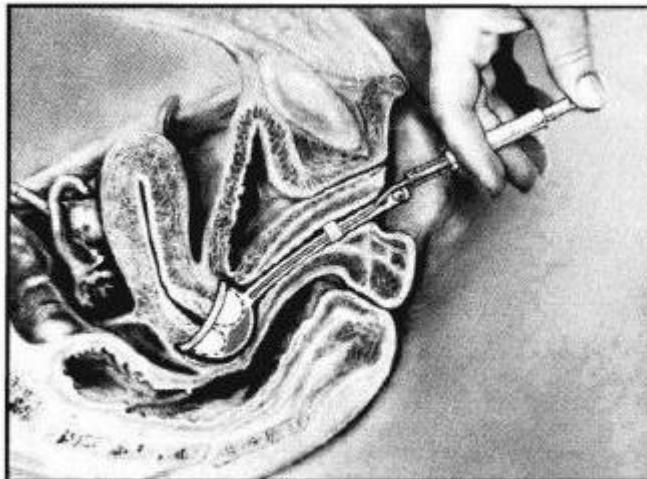


Fig. 1 Syringe tail is inserted through stem

7. Insert the tip of the syringe into the insemination cannula.
8. Slowly inject the semen from the syringe into the cannula.
9. Remove the syringe and insemination cannula from the stem.
- 10.

Use the tamper rod to push the white ball in the stem all the way to the top to prevent spilling.

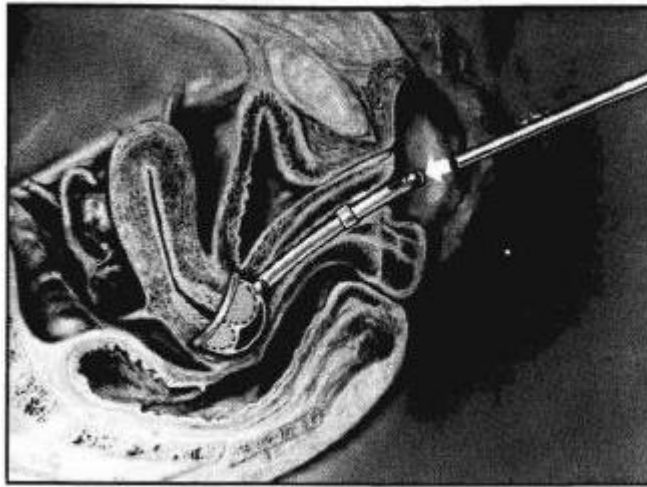


Fig. 2 Tamper rod pushes plastic ball

11. Fold the bottom of the stem up and tuck it into the plastic loop on the outside of the stem.
12. Leave the Cervical Cup in place for at least 6-8 hours or overnight.
13. When you are ready to remove the Cervical Cup, insert your finger into the vagina and GENTLY pull the side of the Cervical Cup to break the seal.
14. Remove the Cervical Cup by GENTLY pulling on the stem.
Discard the Cervical Cup.