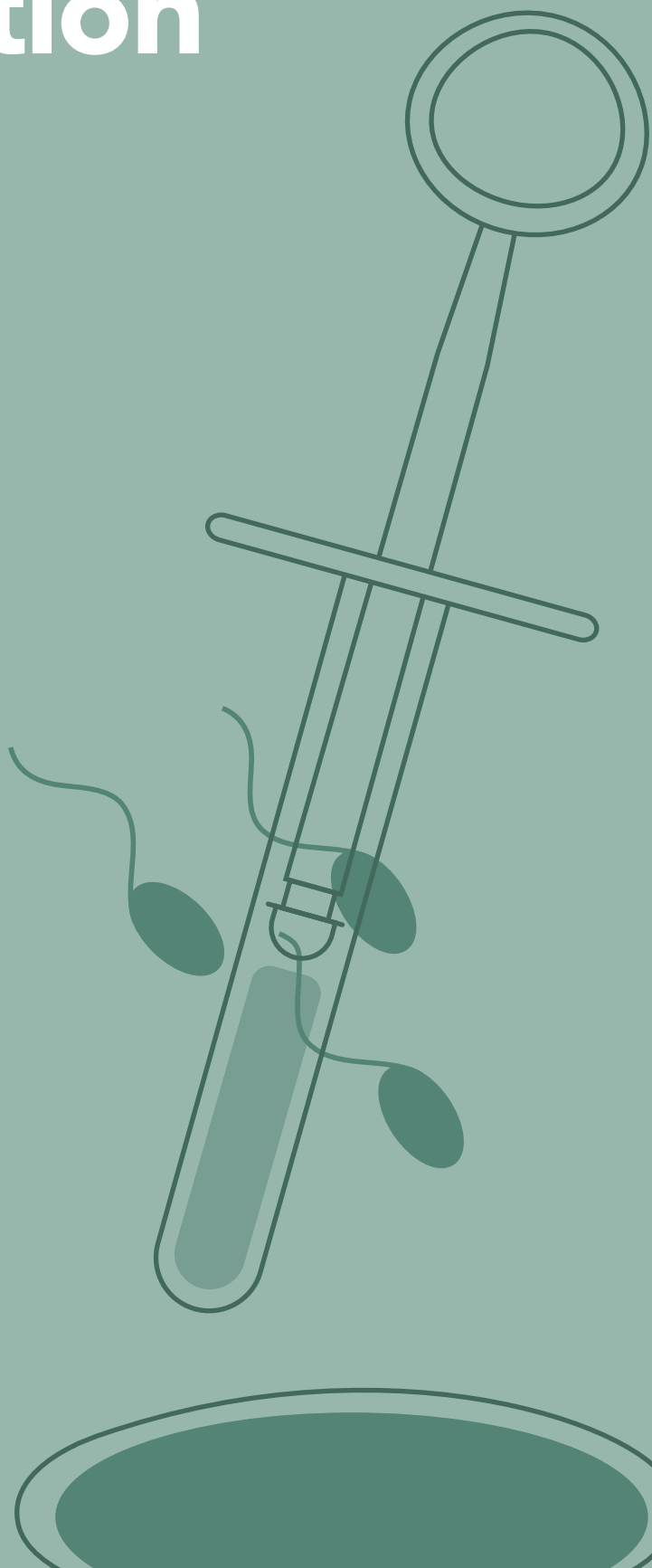


frida fertility

# At-Home Insemination Set

Product Manual



## HOW IT WORKS

The Frida Fertility At-Home Insemination Set is intended to help you get pregnant. It is used to collect semen and deliver it to the outside of the cervix as an aid to conception.

No matter how you're teaming up to make a baby, this system was thoughtfully designed for everyone. Easily collect the sperm and comfortably deliver it to your cervix – no hacks needed.

## PRECAUTIONS

### WARNING

- The At-Home Insemination System is intended to help you get pregnant. For some, pregnancy may involve serious health risks. Consult your doctor for possible risks before use.
- The At-Home Insemination System cannot protect against any sexually transmitted diseases (STDs) including but not limited to HIV, herpes, gonorrhea, chlamydia, hepatitis B, hepatitis C, syphilis, cytomegalovirus and human papilloma virus (HPV). Do not use semen from a person who has HIV or any STDs.
- For safety and hygienic reasons do NOT share any part of this kit.
- After using the applicator to insert the semen, do not leave the applicator inserted in the vagina. Leaving the applicator inserted for longer periods of time can increase the chances of adverse effects.
- Do not use if you have a yeast infection or bacterial infection. Resume use once the infection has completely cleared.
- If lesions, open sores, warts, or other abnormalities are noticeable on either partner, avoid sexual contact including sexual intercourse and consult your doctor.
- This product is not intended to diagnose, treat, cure, or prevent any disease, including if your semen source has been diagnosed with having no sperm in the semen (azoospermia), or if you have been diagnosed with having blocked fallopian tubes, absent fallopian tubes or if you do not ovulate.
- Do not use if the applicator or cup appears dirty or damaged in any way.
- Do not use if the applicator wrapper is opened before use.
- If any pain, discomfort, irritation, or bleeding is experienced after inserting the applicator, remove and contact your doctor immediately as these can be signs of a serious injury or illness.
- Only use applicator or cup for its intended use. Do not use for other reasons, such as eating or drinking.

### PRECAUTIONS

- Keep out of reach of children.
- Each kit provides for 2 rounds of insemination. The collection cup may be reused, while each applicator is a single-use device. Do not reuse the applicator.
- Do not use this device as a sexual toy.
- Do not use with or after the application of any lubricants, creams, medications or other devices. These may cause negative effects on the semen or potential interactions. Consult your doctor prior to use if you plan to use while on any medication or other medical treatment plan.

## BEFORE YOU GET STARTED

Detect when you're ovulating. If you are not sure whether you are ovulating or when you are ovulating, try our **Ovulation + Pregnancy Test and Track Kit**.

- Complete inseminations within your 48 hour window before ovulating, this kit provides enough materials for 2 inseminations.

## WHAT'S WHAT?



## CONTENTS

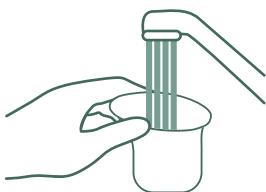
- |                    |                 |
|--------------------|-----------------|
| 1 - Collection Cup | 2 - Applicators |
| 1 - Lid            | 2 - Caps        |

## HOW TO USE

Reminder:

- Wash hands thoroughly before collecting semen sample & before using/inserting applicator.
- Do not remove the applicator from its wrapper until you are ready to use it.

- 1 Wash and dry the Collection Cup and lid thoroughly before use.



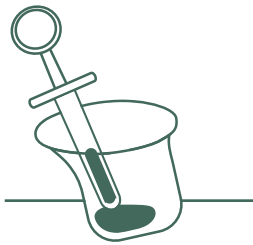
- ⚠ Use only mild soap, water and let air dry. Do not use antibacterial soap. Do not place in dishwasher.

- 2 Collect semen sample in the Collection Cup and cover until ready to use.



- ⚠ Use semen immediately after collecting the sample.
- ❄ If using a frozen semen sample, use immediately after thawing.

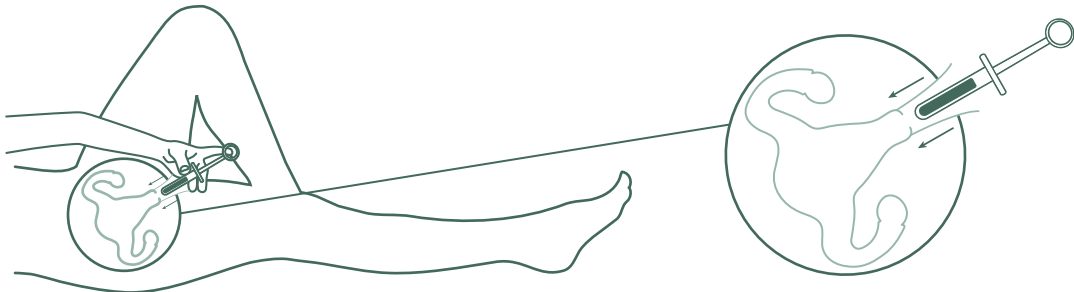
- 3 Remove the applicator from its wrapper. Remove the cap and slowly pull the plunger to fill the applicator with sample, taking care to not fully remove the plunger [slow + steady to effectively collect all the semen and prevent spills.]



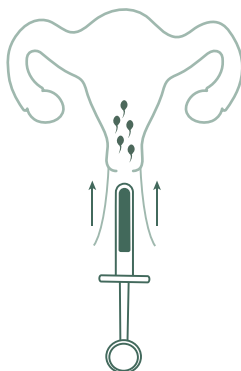
- ⚠ Inspect the applicator wrapper to ensure it is fully sealed prior to opening for use.
- Tip:** If you're moving the applicator filled with the sample before using it, place cap over the applicator to prevent any leakage.

- 4 Lay down and get into a position that allows you to comfortably reach your vagina. You can use a pillow to elevate your hips slightly. Remove the cap.

- ⚠ Ensure that cap is removed from applicator before inserting.

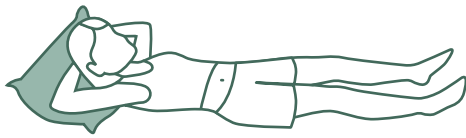


- 5 Like a tampon, slowly insert the applicator into the vagina, as deep and comfortably possible. Then, push the barrel into the applicator to fully release the semen into the vaginal canal. Gently remove the applicator immediately after the semen has been transferred.



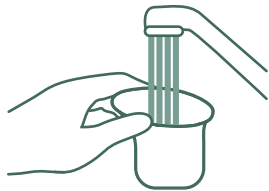
- ⚠ Do not insert the applicator past the applicator handles. If any pain, discomfort, irritation, or bleeding is experienced after inserting the applicator, remove and contact your doctor immediately as these can be signs of a serious injury or illness.

- 6 Relax and continue laying down for 5-15 minutes.



- 7 Wash and dry the Collection Cup and dispose of the used applicator.

**Optional:** Use the second applicator included within your ovulation window.



⚠ Use only mild soap, water and let air dry. Do not use antibacterial soap. Do not place in dishwasher.

## ANSWERS TO YOUR QUESTIONS

How soon after collection should I use the semen sample?

Use the sample within 30 minutes of collection. For best results, use immediately after collecting the sample.

Do I have to use both applicators in the system during each ovulation cycle?

This is completely up to you. We included two in our system to give you that option.

Is the Collection Cup dishwasher safe?

No, placing it in the dishwasher may damage the Collection Cup. Wash by hand with mild soap, water and let air dry.

Can I reuse the applicator?

No, you cannot reuse the applicator. Each applicator is single-use only.

Can I use the applicator with a frozen sperm vial from a sperm bank?

Yes, to thaw use the directions provided by your sperm bank. Once it is ready for use, transfer sperm into the sperm collection cup provided and follow directions provided in this instruction manual, starting from step 1.

## CONTACT AND CONSUMER CARE

Carefully follow these instructions for best results. If you do not understand these instructions of use or have any questions, please contact our Consumer Care Team at [frida.com/help](https://frida.com/help).