

frida fertility

Conception Aid Cup



Manufactured for: Fridababy, LLC Miami, FL 33137



Before you use your Conception Cup for the first time, **please read all instructions.** Keep this for future reference.

INDICATIONS FOR USE

The Frida Conception Cup is indicated for over-the-counter home use. It is for couples who have been unable to conceive naturally and who have received a diagnosis of low sperm count, sperm immobility or unfavorable vaginal environment. After intercourse, the Frida Conception Cup is placed around the cervix. It retains semen near the cervical os (the passage between the vaginal cavity and the uterus) as an aid to conception. The Frida Conception Cup should be used during the ovulatory phase of the menstrual cycle. The Frida Conception Cup should not be left in place for longer than one hour.

IMPORTANT:

- The Conception Cup is **not** a form of birth control. It is not intended to prevent pregnancy.
- The Conception Cup cannot protect against sexually transmitted diseases (STDs)

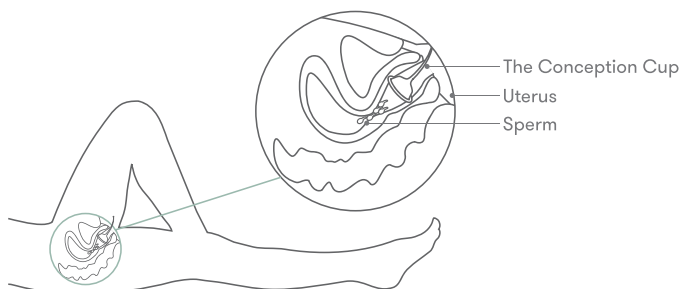
DO NOT USE THIS PRODUCT:

- If it is unsafe for you to have sexual intercourse.
- If it is unsafe for you to get pregnant.
- If you or your partner have been diagnosed with any of the following conditions: male sterility, no sperm in semen (i.e., azoospermia), blocked fallopian tubes, surgical removal of fallopian tubes (i.e., salpingectomy) or uterus (i.e., hysterectomy), or any sexually transmitted diseases, including active herpes or hepatitis

HOW IT WORKS

The Conception Cup is a soft, reusable silicone cup inserted into the vagina immediately after sex and placed up against the cervix.

During sexual intercourse semen is deposited into the vaginal canal. The Conception Cup allows the semen to stay close to the area where it needs to be to get to the egg.



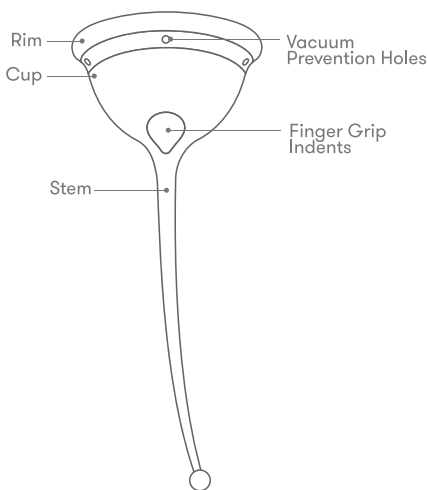
FOR PROPER USE:

- The device should be used during the ovulatory phase of the menstrual cycle. Using ovulation predictor monitors will help to determine the most fertile days of the monthly cycle.
- Everybody is different. To learn more about the best time to get pregnant, please consult your doctor.
- **IMPORTANT: The Conception Cup should not be left in place for longer than one (1) hour.**

QUESTIONS OR CONCERNS?

- We have answers. Read our FAQs at [Frida.com](https://frida.com) or contact our Consumer Care Team by email at [Frida.com/help](mailto:help@frida.com)
- If you experience any discomfort, irritation, or health complications due to use of the Conception Cup, please stop use and contact your doctor.

GET TO KNOW YOUR CONCEPTION UP



WARNING

Read all safety information before use. All safety messages must be followed to avoid potential harm.

- ⚠ **WARNING:** Please check the conception cup for damage prior to use.
- ⚠ **WARNING:** The Conception Cup is intended to help you get pregnant. For some, pregnancy may involve serious health risks. Consult your doctor for possible risks before use of the Conception Cup.
- ⚠ **WARNING:** The Conception Cup is not a form of birth control. Safety and effectiveness of the Conception Cup to prevent pregnancy have not been established.
- ⚠ **WARNING:** The Conception Cup will not protect against HIV or other sexually transmitted diseases (STDs). Do not use semen from a partner who has HIV or other STDs.
- ⚠ **WARNING:** For safety and hygienic reasons do NOT share the Conception Cup.
- ⚠ **WARNING:** Do not leave the Conception Cup inserted for more than 1 hour. Leaving the cup inserted for longer periods of time can increase the chances of adverse effects. This includes obstruction of physiological discharge and menstrual flow from the uterus, pain, abrasion/ ulceration, and/or infection.
- ⚠ **WARNING:** If you are unable to remove the device, contact your physician.
- ⚠ **WARNING:** The risk of Toxic Shock Syndrome (TSS) exists for products like tampons and other vaginal devices. TSS is a rare but serious disease that may cause death. Warning signs of TSS include sudden fever (usually 102°F or more) and vomiting, diarrhea, fainting or near fainting when standing up, dizziness, or a rash that looks like a sunburn. If these or other signs of TSS appear, remove the Conception Cup at once and seek medical attention immediately. The risk of TSS from the use of cervical cups has not been determined.

WARNING: Do not use the Conception Cup if you have a yeast infection or bacterial infection. Resume use once the infection has completely cleared. If you used the Conception Cup while you had an infection, it is recommended that you replace your Conception Cup with a new one to ensure against repeat infection.

WARNING: If lesions, open sores, viral warts, or other abnormalities are noticeable on either partner, avoid sexual intercourse and consult your doctor.

WARNING: To avoid a choking hazard, keep the Conception Cup out of reach of children.

CAUTION

CAUTION: Do not have sexual intercourse while the Conception Cup is inserted into the vaginal tract as this may cause discomfort to you or your partner.

CAUTION: If you or your partner wish to use a personal lubricant while using the Conception Cup, make sure to use a sperm-friendly one. Many lubricants are harmful to sperm.

CAUTION: Do not use this device as a sexual toy. Using this device as a sexual toy could cause discomfort to you or your partner.

WHEN TO CALL YOUR DOCTOR:

If you experience any of the following, you should consult your doctor:

- You feel pain or discomfort while using the Conception Cup.
- You notice blood on the Conception Cup after removal and you do not have your menstrual period.
- You have followed the instructions for removal (see “Remove the Conception Cup”), you have connected with our Consumer Care Team for tips on removal, and you are still unable to remove the Conception Cup or any component of the device.

IMPORTANT TIPS FOR USE

WHEN INSERTING:

- Do not force the Conception Cup into the vaginal tract if excessive resistance is felt. You may feel slight pressure as the Conception Cup meets the cervix. You should not feel pain or discomfort.

WHEN REMOVING:

CAUTION: Never pull the Conception Cup out using force.

- If you experience a vacuum or resistance it may help to insert a finger and fold over the edge of the Conception Cup to break the seal before gently pulling at the stem. It helps to relax and squat down to bring the Conception Cup closer to the opening of the vagina.
- Do not pull on the stem of the Conception Cup (or the ball at the end of the stem) with force. The stem can break when pulled on too hard. The stem can be used to remove the Conception Cup if pulled on gently, little by little.

CAUTION: Be careful when inserting and removing the Conception Cup if you have long fingernails, as there may be a higher chance of injuring the vaginal wall with your nail.

CAUTION: Wash your hands before and after using the Conception Cup. This will help reduce the spread of bacteria.

If you experience any of the following, you should contact our Consumer Care Team for support:

- Difficulty with insertion and/or placement of the Conception Cup.
- The stem breaks, and you need to know how to retrieve the Conception Cup manually.

Important: The Conception Cup does not guarantee pregnancy.

- There are many factors that influence a person's ability to get pregnant that the Conception Cup cannot help with.
- HSSA: $\geq 80\%$ motility after 1 hour exposure to the Conception Cup
- **If pregnancy has not resulted after 6 months of trying to become pregnant with the Conception Cup, consult your doctor.**

HOW TO USE THE CONCEPTION CUP

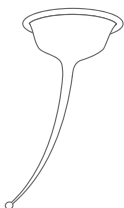
Using the Conception Cup involves several steps:

- 3 steps for how to prepare the Conception Cup for use
- 6 steps for how to use the Conception Cup
- 4 steps for how to remove the Conception Cup

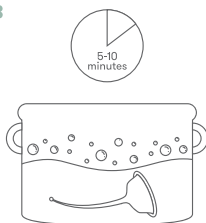
PREPARE THE CONCEPTION CUP FOR USE

1. Remove the Conception Cup from its packaging (Illustration A).
2. Before use, boil the Conception Cup in an open pot of water at a rolling boil for 5-10 minutes to thoroughly clean the device. Ensure the pot is full. Do not leave the boiling pot unattended. If you accidentally burn your Conception Cup because the pot boiled dry, your Conception Cup may be ruined and should be replaced (Illustration B).
3. Dry the Conception Cup with a clean towel. The Conception Cup is now ready for use. Use the device within 6 hours of boiling it.

A



B



- ⚠ **CAUTION:** The Conception Cup will be very HOT after boiling. Carefully remove the Conception Cup from the hot water using clean tongs. Do not touch immediately after boiling. Let the Conception Cup cool completely before handling or using it.
- ⚠ **WARNING:** ONLY use WATER when cleaning the Conception Cup. Do NOT use vinegar, tea tree oil, scented soap, castile/peppermint soap, oil-based soap, rubbing alcohol, antibacterial soap, hand sanitizer, pre-moistened wipes, dish soap, hydrogen peroxide, bleach, or harsh chemicals, as these may damage the silicone, cause irritation, or damage sperm.

TIPS FOR FIRST TIME USERS

- It is recommended the Conception Cup be inserted, positioned, and removed several times before intercourse until you're familiar with insertion and removal. Practicing will help make it easier to use after intercourse. If desired, using a sperm friendly lubricant may increase the comfort of use during practice, but it's not required. Please ensure you record your cleaning for practice uses as part of the 6 total possible boiling cycles for the product in the space provided on the next page.
- You may experience light cramping during the first use.
- After practicing, wash and follow cleaning instructions of the Conception Cup then store as directed. • There may be a learning curve when inserting the cup. It is recommended to be patient as practice will help.

USE THE CONCEPTION CUP

Remember: Use the Conception Cup during the fertile phase of your menstrual cycle.

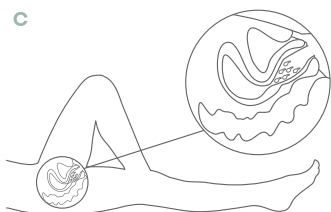
Ensure the Conception Cup has been boiled before each use and dry the Conception Cup with a clean towel.

Tip: Keep the Conception Cup close (within arm's reach), so you will not have to get up after intercourse. Wash your hands thoroughly with soap and water before use.

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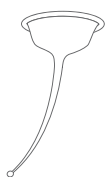
1. Have Intercourse. It is recommended to remain laying on your back as much as possible after ejaculation to minimize sperm flowback. After your partner has ejaculated inside the vaginal canal you can get the Conception Cup ([Illustration C](#)).

C

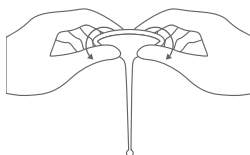


2. Turn the Conception Cup inside-out to look like an umbrella ([Illustration D, E, F](#)).

D



E



F



3. Hold the Conception Cup with the stem pointing toward your feet and one finger inside the umbrella shape ([Illustration G](#)).

G

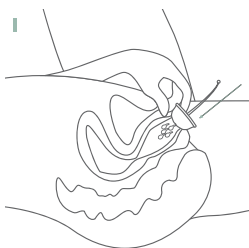


4. Gently push the Conception Cup up inside your vagina as far as you can, or until you meet resistance ([Illustration H, I, J](#)).

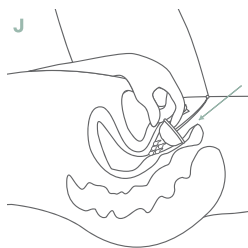
H



I

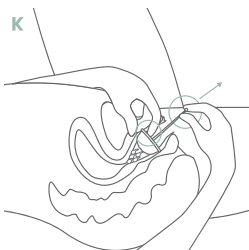


J

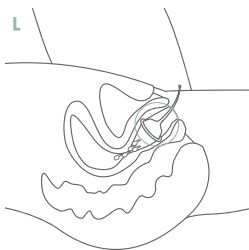


5. Gently pull on the cord to pop the Conception Cup back into its original shape while holding the Conception Cup in place near the rim with the inserted finger ([Illustration K, L](#)).

K

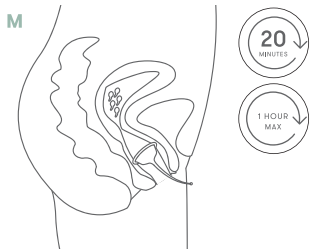


L



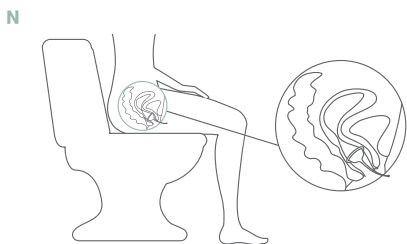
6. Remove your finger from the vaginal tract. You can get up, move around, and urinate if needed with the Conception Cup in place. The Conception Cup should be worn for at least 20 minutes, up to a maximum of 1 hour (Illustration M).

⚠ **WARNING:** Do not have intercourse again until after removal of the Conception Cup.



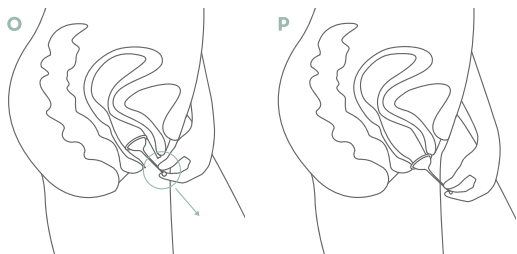
REMOVE THE CONCEPTION CUP

1. Wash your hands with soap and water before removing the cup. In a comfortable position, either standing up or sitting on the toilet (Illustration N). Bear down in a series of gentle downward pushes with your abdominal/pelvic floor muscles (as if you are having a bowel movement).

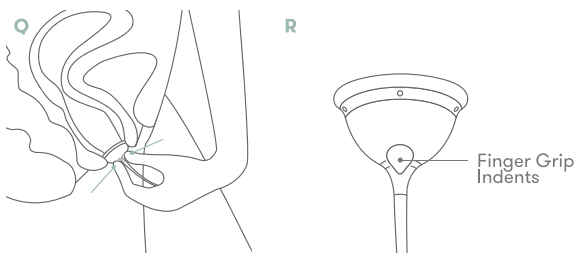


2. Locate the stem with one finger (Illustration O). Gently and slowly pull the stem downwards until you can feel the base of the Conception Cup at the opening of your vagina. (Illustration P).

⚠ **CAUTION:** Never pull the Conception Cup out using force.



3. Be gentle. Pulling on the stem too hard can cause irritation and discomfort and ultimately the stem can break. Gradually pull the Conception Cup out little by little, never using force. Firmly pinch the base of the Conception Cup with the two indents (Illustration Q, R). Or use your finger to pull one edge of the Conception Cup down to release the seal. Then, pull it gently out of your vagina.



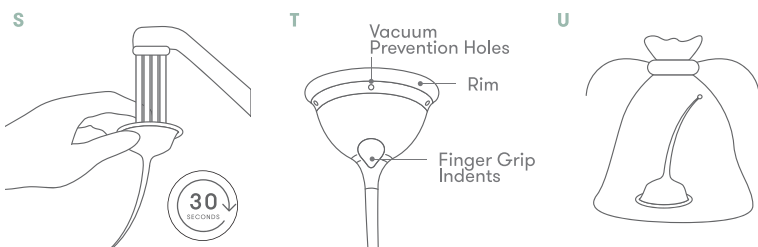
4. Once removed, simply empty the contents into the toilet. It's normal that there is still liquid in the Conception Cup after use. Do not flush the Conception Cup down the toilet. Wash and follow cleaning instructions of the Conception Cup then store as directed.

CLEANING + STORAGE

During your fertile days it is recommended to use the Conception Cup every second day. Do not use the device more than 3 times every menstrual cycle. In between these uses follow the cleaning Instructions of the Conception Cup.

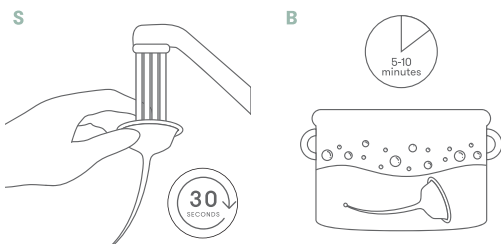
IMMEDIATELY AFTER REMOVAL

Clean the Conception Cup thoroughly with warm water for at least 30 seconds, while rubbing all parts of the Conception Cup to remove any soiling (Illustration S). The small holes located below the rim are meant to avoid a vacuum when removing the Conception Cup. They must be always kept clear and clean (Illustration T). Gently stretch each hole under warm running water to remove any debris. Dry with a clean towel. Store the cup in the cotton bag provided (Illustration U).



BOIL BEFORE EACH USE

Before using the cup again, wash thoroughly with warm water for at least 30 seconds as instructed above and then boil the Conception Cup in an open pot of water at a rolling boil for 5-10 minutes as instructed before first use (Illustration B). Dry the Conception Cup completely with a clean towel. Use the cup within 6 hours of boiling it. If left unused for an extended period of time, please boil the cup again shortly before use.



The cup can be boiled a **maximum of 6 times**, including any practice use. Please keep track here, checking off a box each time you boil (reprocess) the cup. Boil the cup as instructed before each use.

✓	✓	✓	✓	✓	✓
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⚠ **CAUTION:** Do not store in a plastic bag or airtight container.

⚠ **CAUTION:** The Conception Cup will be very HOT after boiling. Do not touch immediately after boiling. Let the Conception Cup cool completely before handling or using it.

Keep dry. Keep away from sunlight. Keep away from children.

Store at room temperature between uses.

HOW OFTEN TO REPLACE

Silicone is very durable, but the lifespan of the Conception Cup varies, depending on factors unique to each user. Inspect your Conception Cup before each use. Look for signs of deterioration, such as a sticky or powdery residue, breaks in the silicone, discoloration, or odor. A general guideline is to replace it 3 months after opening, or sooner if the Conception Cup shows signs of deterioration.

The Frida Conception Cup can be used with a maximum of 6 boiling cycles per product. Do not use the Conception Cup after the expiration date noted on the packaging. The Conception cup should be disposed in the regular trash. Do not flush the Conception Cup down the toilet.

If pregnancy has not resulted after 6 months of trying to become pregnant with the Conception Cup, consult your doctor.

CONTACT AND CONSUMER CARE

Carefully follow these instructions for best results. Visit **Frida.com** for more information. If you do not understand these instructions of use or have any questions, please contact our Consumer Care Team at **Frida.com/help**.



Manufactured for: Fridababy, LLC Miami, FL 33137

SYMBOLS GLOSSARY



Does not contain natural rubber latex

Indicates that natural rubber latex was not used in the manufacturing of the product, its container, or its packaging.



Does not contain Phthalates - DEHP

Indicates medical device does not contain phthalates DEHP Di[2ethylexyl].



Do not use if package is damaged and consult instructions for use

Indicates a medical device that should not be used if the package has been damaged or opened.



Single patient multiple use

To indicate that the medical device may be used multiple times on a single patient.



Batch code

Indicates the manufacturer's batch code so that the batch or lot can be identified.



Use-by date

Indicates the date after which the medical device is not to be used.



Consult instructions for use

Indicates the need for the user to consult the instructions for use.



Non-Sterile

Indicates a medical device that has not been subjected to a sterilization process.



Manufacturer

Indicates the medical device manufacturer.