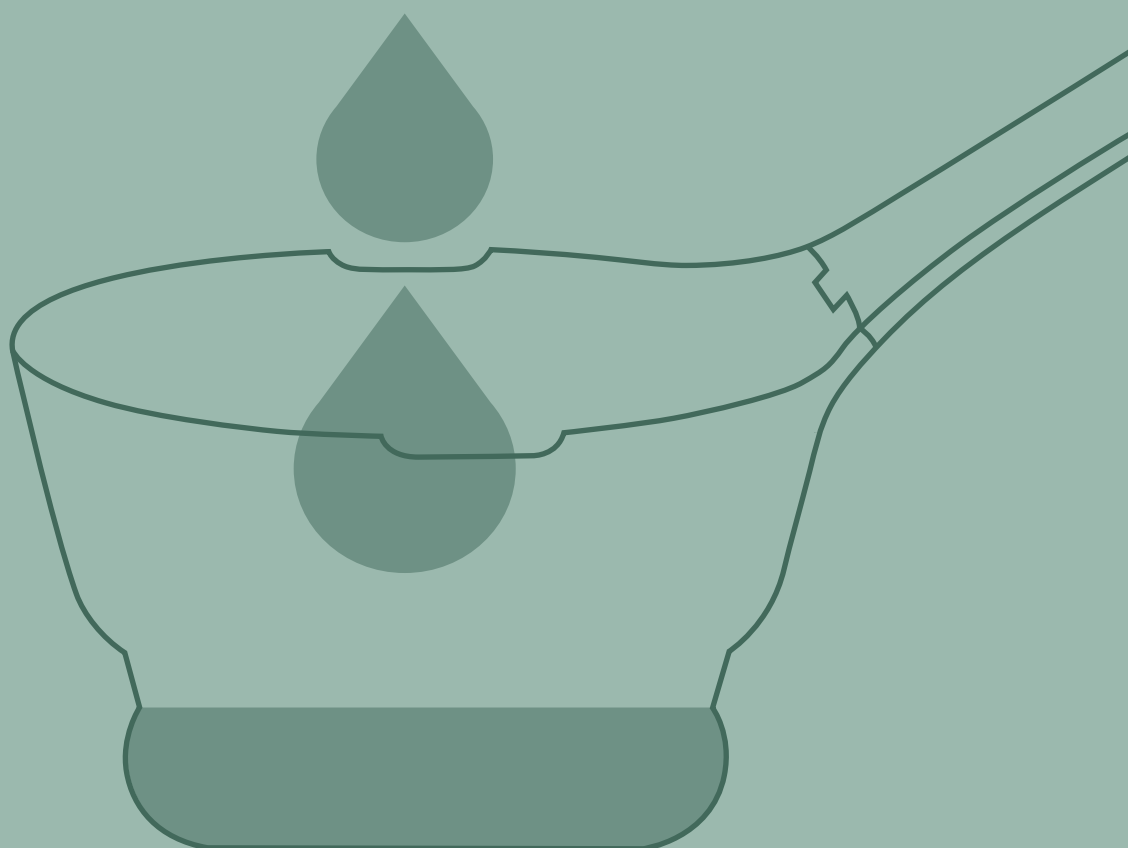


frida fertility

Collapsible Pee Cup

Product Manual



HOW IT WORKS

The Collapsible Pee Cup is a sample collection device intended to ease the process of urine collection for women. It is intended to be compatible with the **Frida Fertility Ovulation Prediction Test** and **Early Detection Pregnancy Tests**.

FIRST-TIME USERS

CLEANING INSTRUCTIONS

- Wash and dry thoroughly before first use, using only warm water and mild detergent.
- Wash and dry thoroughly after each use in order to keep the cup clean and safe for handling between uses.
- **IMPORTANT:** Only use mild detergent to clean the Pee Cup. Rinse thoroughly and ensure there is no detergent residue in the cup, as this may invalidate the test results.

PRECAUTIONS

- Keep out of reach of children, the Pee Cup is not a toy.
- Pee can naturally stain or discolor the Pee Cup over time.

WARNING

- For safety and hygienic reasons do NOT share the Pee Cup.
- Only use Pee Cup for its intended use. Do not use for other reasons, such as eating or drinking.
- Do not use Pee Cup for any other purpose beyond collecting urine samples.
- Do not use if the Pee Cup arrives or becomes damaged in any way.

BEFORE GETTING STARTED

Tip: Before collecting your urine sample ensure you have a flat surface nearby to set your cup once the sample has been collected.

1. Gather your testing materials.
 - i.e your **Frida Fertility Ovulation Prediction Test** and **Early Detection Pregnancy Tests**
 - **Test-to-Track Kit**
2. Wash hands thoroughly before collecting urine sample.

WHAT'S WHAT?



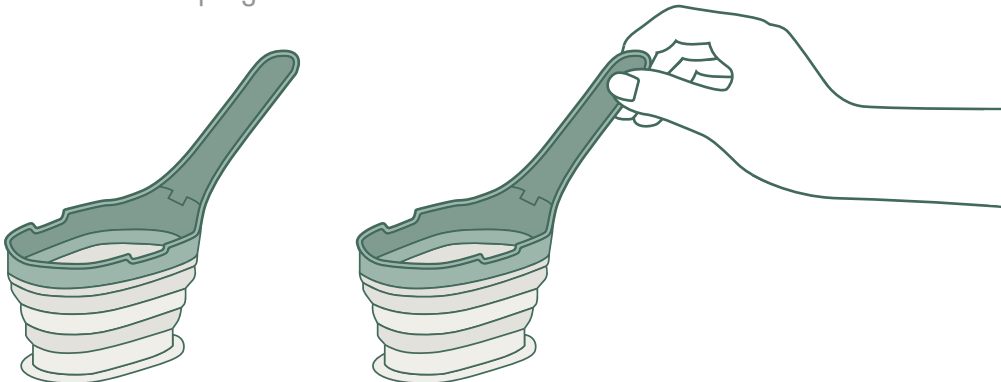
CONTENTS

- 1 - Pee Cup
- 1 - Storage Bag

HOW TO USE

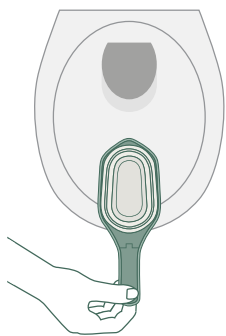
Reminder: Wash hands thoroughly before collecting urine sample. Wash + dry Pee Cup before + after each use.

- 1 Fully expand the cup by ensuring the bottom and the handle are extended. Hold the Pee Cup by the handle.



- 2 Before using your Pee Cup, sit on the toilet and urinate a small amount.

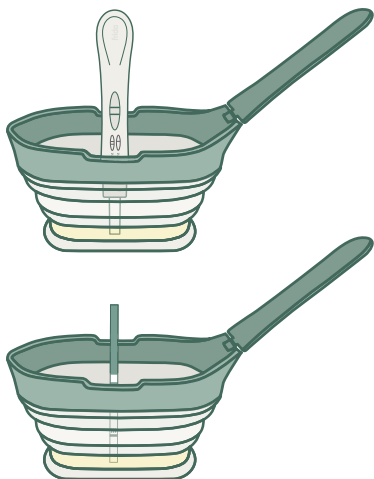
- 3 Point the Pee Cup towards you and insert it into the toilet. Place it at a close distance from your urethra, and urinate until it is about half way full. Pull out and finish urinating into the toilet.



- 4 Discard excess urine into the toilet until you reach the MAX fill line indicator on the Pee Cup.

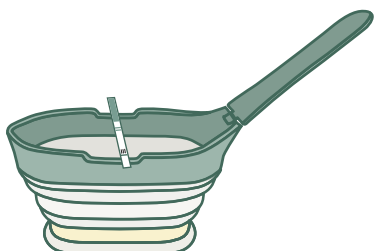


- 5 Dip your testing material (i.e. Ovulation Test or Pregnancy Test) for however long indicated in its respective instruction guide.



→ **Note:** Refer to your test for the proper application depth of the test strip. The Pee Cup holds pee at a depth of 0.36 inches (9.26 mm) when filled to the MAX fill line. Incorrect insertion depth may invalidate the result.

- 6 Gently rest the testing material (i.e. Ovulation Test or Pregnancy Test) flat on the holder until the results are ready to interpret.



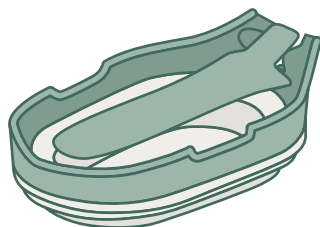
⚠ Do not apply downward pressure on the Pee Cup to avoid spills. Refer to your test's instructions to determine if a rest step is needed or for how long.

CLEANING, STORAGE & TRANSPORTATION

1. Clean thoroughly with warm water and dish soap for at least 30 seconds, while rubbing all parts of the cup to remove any residue. Rinse well to ensure all soap is removed.

⚠ Only use mild soap, water and and rinse soap thoroughly.
Do not place in dishwasher.

2. Dry thoroughly and fold the Pee Cup. Store in a clean, dry place.



⚠ Keep dry. Keep away from sunlight.
Store at room temperature between uses.

3. Always keep the Pee Cup folded when moving or transporting it to prevent damage to the handle.

ANSWERS TO YOUR QUESTIONS

Can I sanitize my Pee Cup?

You may boil the Pee Cup in water to sanitize it. Let the Pee Cup cool down to room temperature and dry thoroughly prior to use.

Is the Pee Cup dishwasher safe?

It is not recommended to place the Pee Cup in the dishwasher.

How much liquid do I need for testing?

Refer to your test for the proper application depth of the test strip. The Pee Cup holds pee at a depth of 0.36 inches (9.26 mm) when filled to the MAX fill line. Incorrect insertion depth may invalidate the result.

How much liquid does it hold?

It can hold up to 3.8 fl oz (112.5 ml).

CONTACT

Carefully follow these instructions for best results. If you do not understand these instructions of use or have any questions, please contact us at frida.com/help.