

LivRing™ Instructions for Use

Prior to use, inspect each package for damage. Do not use if package or device appears damaged. Read ALL Instructions before inserting and removing LivRing™.

Intended Use

LivRing™ is a personal lubricant for vaginal application, intended to moisturize and lubricate, to enhance the ease and comfort of intimate sexual activity, and supplement the body's natural lubrication. This product is compatible with natural rubber latex condoms and synthetic (polyurethane and polyisoprene) male condoms and FC2 female condoms.

Warnings

- Do not use the ring if it appears to be damaged and/or if the package appears open or damaged.
- Do not re-insert a ring that you removed or that was expelled if it appears damaged or contaminated. You may wash it in clean water and re-insert it if it is clean; or, use a new ring.
- If irritation, discomfort or abnormal vaginal bleeding occurs, discontinue use and consult with a healthcare provider.
- Some women may find LivRing™ difficult to remove. If removal is difficult, not possible, or painful, contact your healthcare provider for assistance.
- The use of LivRing™ with other vaginally placed devices has not been evaluated.
- Safety and effectiveness of LivRing™ has not been evaluated in women who are breastfeeding.
- LivRing™ is not a contraceptive and does not contain a spermicide.
- Keep out of reach of children.

Cautions

- IUD (Intrauterine Device) users should exercise caution when removing LivRing™, as IUD strings may interfere with removal.
- The compatibility of LivRing™ with other intravaginally placed devices has not been evaluated.
- It is important to follow the Instructions for Use and remove LivRing™ after 7 days of use. If you experience difficulty or pain when trying to remove the ring, please discontinue use and contact your healthcare provider.

Contraindications

Do not use LivRing™ if you have any of the following:

- Suspected allergies or hypersensitivities to polyurethanes and/or glycerol
- Active vulvar or vaginal infections or cervical infection/lesions
- Unexplained vaginal bleeding
- Current pregnancy or have given birth or terminated pregnancy in the past 6 weeks
- History of any abnormality of the vagina resulting in distortion of the vaginal canal or incompatibility or difficulty with intravaginal ring placement or removal
- Vulvar or vaginal procedures (biopsies) within the past 3 months
- Continuing symptoms/effects from adverse events due to chemotherapy or radiation treatment for cancer

Possible Side Effects of LivRing™

- Increased vaginal secretions/discharge
- Pelvic cramping/discomfort
- Vaginal pain/discomfort
- Vaginal bleeding/spotting

If you experience these symptoms, remove the ring, and consult your healthcare provider if symptoms persist following removal of the ring.

Although not reported in the clinical studies of LivRing™, side effects have been reported with use of other vaginal ring products, which include:

- Cases of toxic shock syndrome (TSS), a rare but serious illness caused by a bacterial infection, have been reported in users of vaginal rings. Symptoms of TSS include fever, nausea, vomiting, diarrhea, muscle pain, dizziness, faintness, or a sunburn-like rash on the face and body.
- Cases of the ring becoming attached to the vaginal wall, making ring removal difficult have been reported. In some cases, surgery was required for removal.
- Cases of erosion (wearing away) and ulceration (opening) of the lining of the vagina have occurred. Symptoms of erosion and ulceration can include vaginal pain or bleeding.

If you experience any of these side effects, immediately remove the ring if possible and consult your healthcare provider.

LivRing™ Recommended Use

- Use one ring continuously for up to 7 days to provide lubrication during sexual activity or intercourse.
- Use one ring continuously for up to 7 days for increased lubrication during sexual activity or intercourse.

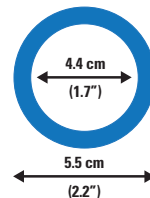
Each LivRing™

- Helps replenish vaginal moisture and lubrication during sexual activity or intercourse when used continuously and replaced once every 7 days.
- Provides vaginal lubrication during sexual activity or intercourse during continuous use for up to 7 days.
- Is compatible with natural rubber latex and synthetic (polyurethane and polyisoprene) male condoms and FC2 female condoms.

Not manufactured with natural rubber latex, not made with hormones, not made with fragrance

Product Dimensions

Inner Diameter: 4.4 cm (1.7")
Outer Diameter: 5.5 cm (2.2")



Storage Conditions:



Keep dry



Store at ambient room temperature

PYROGENIC

Non-Pyrogenic



Single Use Only

LivRing™ Insertion Instructions

1. Wash and dry your hands thoroughly.
2. Remove ring from its pouch. *See Figure 1* for depiction of LivRing™ insertion.
3. Before inserting LivRing™, find a position that is comfortable. You can insert the ring while lying down, squatting, or standing with one leg up, whatever position is most comfortable for you.
4. Hold the ring between your thumb and first finger, pressing opposite sides of the ring together. You may want to twist it into a figure 8. It may help you to hold open the folds of skin around your vagina with your opposite hand while inserting the ring.
5. Place the tip of the ring in the vaginal opening and then push the folded ring gently into your vagina. Push the ring up and toward your back.
6. If you feel any discomfort, the ring probably is not inserted far enough. Try gently pushing the ring further into your vagina. The ring will not get lost in your body.
7. When you are finished, wash and dry your hands thoroughly.

NOTE:

- Once inserted, LivRing™ can remain in place for 7 days.
- LivRing™ expulsion (the ring falling out) can occur with straining or coughing. If this happens, you can wash the ring in clean water and re-insert it if it is clean, or you can use a new ring.

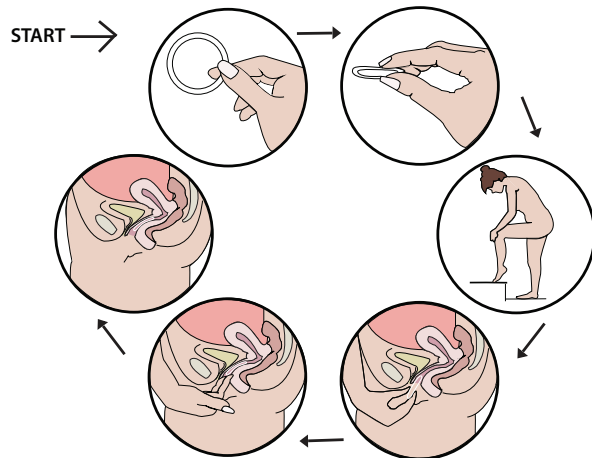


Figure 1. LivRing™ Insertion Instructions



LivRing™ Removal Instructions

Remove each LivRing™ after 7 days of use.

1. Wash and dry your hands.
2. Choose the position that is most comfortable for you.
3. Put your index finger into your vagina and hook it through the ring and gently pull downward and forward to remove the ring. *See Figure 2.*
4. Discard the used ring in the trash and out of reach of children and pets. Do not flush the ring in the toilet.
5. Insert a new ring according to the instructions provided above.

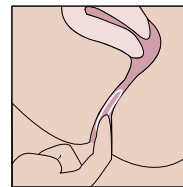


Figure 2. LivRing™ Removal Instruction

NOTE:

- If you begin a menstrual period while using LivRing™, remove the ring by following the Ring Removal Instructions above and discard the ring as soon as possible. You can insert a new ring as soon as your menstrual period ends by following the Ring Insertion Instructions above.



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