

FemCap™

User Manual and Instructions for Use

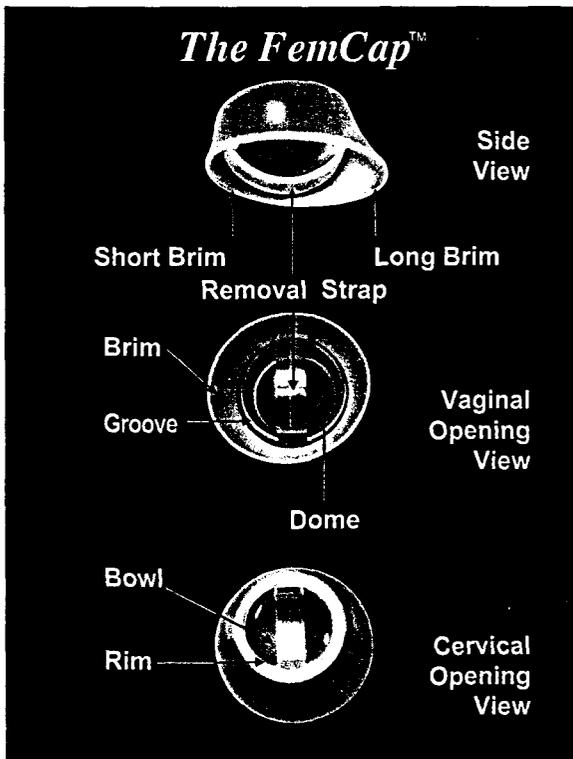
For your information after your doctor or health care provider prescribes *FemCap*™ for you.

Before using your *FemCap*™ read this entire booklet, even if you are sure you know how to use it. If there is anything you do not understand, or if you have further questions, talk to your doctor or health care provider before using *FemCap*™ for contraception.

FemCap™ is a "single-patient use" device that may be re-used by its owner, after it is clean. It is unsafe for more than one woman to use the same *FemCap*™.

Introduction

This booklet is to allow you to become familiar with the *FemCap*™ and how you use it. The instructions in this booklet are suitable for most women, however, you should also pay attention to any specific instructions and techniques that your doctor or health care provider recommends, based on his or her expertise with this method of contraception.



What is *FemCap*™?

FemCap™ is a reusable, washable device, made of medical grade silicone rubber. It is shaped like a sailor's hat, with a removal strap. It comes in three sizes and your doctor will choose the size that is best for you.

Who may use the *FemCap*™?

Women of childbearing age who wish to prevent or postpone pregnancy use *FemCap*™.

How does a woman use *FemCap*™?

A woman puts some spermicide such as 2% Nonoxynol-9 on the *FemCap*™ and inserts *FemCap*™ into her vagina before sexual arousal or the "desire phase" of the female sexual response begins, whenever possible. The *FemCap*™ must cover the cervix completely. She leaves it in her vagina for at least 6 hours after she has sex.

When won't a doctor prescribe *FemCap*™?

A doctor will not prescribe *FemCap*™ for you if you have an injury (such as a cut), an infection, or cancer in your uterus, vagina, or exterior genitalia. You should not use *FemCap*™ if you have any of these problems because they may become much more difficult for your doctor to treat.

What warnings and other important facts do I need to know and remember about using *FemCap*™ safely?

◆ Your chance of becoming pregnant while using *FemCap*™ is

much greater if you have previously had a full term baby delivered through your vagina and also use the largest size *FemCap*™. If you have previously had a full term baby delivered vaginally and are sized with the large *FemCap*™, you should probably choose a different contraceptive method.

◆ You should insert your *FemCap*™ before you become sexually excited, whenever possible. The reason is that the length of your vagina increases with sexual excitement and this lengthening might make it difficult for some women to place the *FemCap*™ in the correct position over the cervix. The incorrect position would increase your risk of pregnancy.

◆ Use *FemCap*™ only if a doctor prescribed it for you. *FemCap*™ is a "single-patient use" device that only you may reuse, after you clean it. It is unsafe for more than one woman to use the same *FemCap*™.

◆ If you are uncertain about how to insert or remove *FemCap*™, you should not use this device for contraception.

◆ If your *FemCap*™ becomes dislodged during intercourse, you should not use this device for contraception and you may wish to discuss Emergency Contraception with your doctor.

◆ You should contact your doctor if you notice a foul odor coming from the vagina while the device is in place, or if the *FemCap*™ has a bad odor upon removal. This odor might be a sign of an infection.

◆ Don't use *FemCap*™ if you are sensitive to spermicide or sil-

icone. If you have a history of sensitivity to spermicide or silicone, you should consider another form of contraception.

◆ Don't use *FemCap*[™] during your period (menstruation) because it will prevent normal drainage of blood from your uterus and may increase your risk of pelvic pain or infection, such as Toxic Shock Syndrome (TSS).

Precautions –

What else should I know to use *FemCap*[™] safely?

◆ Using *FemCap*[™] will not reduce your chance of getting or giving someone else a sexually transmitted infection (STI), including AIDS (HIV infection).

◆ If you have an STI or have sex with someone who has an STI, your partner should use a condom because latex condoms, if used properly, help reduce the risk of transmission of STIs including AIDS.

You should be aware, however, that the safety of using a male condom and the *FemCap*[™] at the same time is unknown.

◆ Use spermicide when you insert your *FemCap*[™]. If you use *FemCap*[™] without spermicide, you may increase your chances of becoming pregnant

Don't remove the *FemCap*[™] for at least 6 hours after your most recent sexual intercourse. Removing it within 6 hours after your last intercourse may allow live sperm to enter your womb and increase your chances of becoming pregnant.

Don't leave *FemCap*[™] in your vagina for more than 48 hours

at a time without removing and washing it. Otherwise, it might cause infection or injure the lining of your vagina.

You do not need to apply additional spermicide if you have sex more than once within the 42 hours after you insert the *FemCap*[™]

◆ You should be aware that spermicide containing Nonoxonyl-9 can irritate the sensitive tissues of your vagina and cervix, especially if used frequently. (You can refer to the labeling information in the Nonoxonyl-9 package for additional Warnings and Precautions.)

◆ Don't use *FemCap*[™] for contraception if you have given birth recently (within 8-10 weeks) or have had a miscarriage or abortion (within 6 weeks) because your cervix (the opening of your uterus) is larger during this time, making it easier for you to become pregnant while using *FemCap*[™]

◆ Dispose of your *FemCap*[™] if it shows signs of wear and tear or is damaged. If you use a damaged or worn *FemCap*[™], you may injure yourself or your partner and you may increase your chances of becoming pregnant.

◆ If any of the following situations occurs, talk to your doctor or health care provider:

> If you are unable or unwilling to insert and place *FemCap*[™] properly over your cervix, you should use a different contraceptive method. If you do not insert and place *FemCap*[™] properly, you may increase your chances of becoming preg-

nant.

> If you become pregnant, you may need to use a larger size *FemCap*[™] in the future. See your doctor to discuss which size *FemCap*[™] will fit best, and whether *FemCap*[™] is still appropriate contraception for you.

> If you or your partner is made uncomfortable by the device.

> If your partner notices a sore on his penis after intercourse using the *FemCap*[™]. This could possibly lead to a penile injury (although this has never been reported). If this occurs, you should consider another form of contraception.

> If your partner reports frequent urination, a burning sensation in his penis, painful ejaculation, pain in the area between the penis and the anus, and/or penile discharge. He should report these symptoms to his doctor. You should consider another form of contraception.

> If the *FemCap*[™] slips out of place when you walk, cough, sneeze, or strain, this could be an indication of improper fit of your *FemCap*[™]. Improper fit may increase your risk of pregnancy.

> If there is blood on the *FemCap*[™] when you remove it. Blood on the *FemCap*[™] might be a sign that your period is about to start or may be normal midcycle spotting that some women experience. However, it could indicate a medical condition or injury that may become serious if it is not treated.

> If you are unable to remove your *FemCap*[™] or if it is very difficult to remove, it is unlikely that *FemCap*[™] will be a workable contraceptive device for you. You should see your doctor or health care provider immediately and discuss alternative contraception.

Toxic Shock Syndrome (TSS)

◆ Women who use menstrual tampons or contraceptive diaphragms have a greater risk of having Toxic Shock Syndrome (TSS) than women who do not use these products. TSS is a serious disease that can be fatal. There is no evidence that *FemCap*[™] causes TSS, but it is a possibility.

◆ Symptoms of TSS include sudden high fever (usually 102°F or more), vomiting, diarrhea, dizziness, fainting or near fainting when standing up, or a rash that looks like sunburn. Other signs of TSS may include sore throat, weakness, aching of muscles and joints, and redness of the eyes. If you have a high fever and one or more of these other TSS symptoms, remove your *FemCap*[™] and contact your doctor immediately.

◆ Don't use the *FemCap*[™] during your period because it will prevent drainage of blood from your uterus and could cause pelvic pain, or infection including TSS.

How *FemCap*[™] Was Tested

Several studies of the *FemCap*[™] were conducted. The most important of these was the "pivotal" study in which 841 volunteer couples used one of two contraceptive devices for up to six months as their only method of contraception. Half of

these couples used *FemCap*[™] with spermicide. The other half of the participants used a diaphragm with spermicide. About 40% of the women in each of these two groups had prior experience with the diaphragm.

In this study, an earlier version of the *FemCap*[™] that did not have the removal strap was being tested. This is the best study of the *FemCap*[™] to show how well the *FemCap*[™] prevents pregnancy. A different, smaller study of the *FemCap*[™] with the removal strap was conducted that showed the strap did not cause any important safety problems. Both men and women using the strapped device were 2-3 times more likely to report pain or discomfort than men and women using the unstrapped device, however.

EXPECTED PERFORMANCE AS A CONTRACEPTIVE DEVICE

Seven hundred and forty-eight couples contributed data that were used in the study. Of these, there were 39 pregnancies out of 350 couples who used the *FemCap*[™] with spermicide, for a cumulative six-month chance of pregnancy of 13.5%. There were 27 pregnancies out of 398 couples who used the diaphragm with spermicide, for a cumulative six-month chance of pregnancy of 7.9%. Therefore, in this study, couples who used the diaphragm with spermicide were better able to avoid pregnancy.

There was a difference in the chance of pregnancy depending on whether or not a woman had given birth vaginally and on what size *FemCap*[™] she used. For women who had never had

a baby vaginally and who used the small or medium *FemCap*[™], the 6-month chance of pregnancy was about 8.2%. If a woman had given birth vaginally and used the large *FemCap*[™], however, the chance of pregnancy at 6 months using *FemCap*[™] was 17.3%. This study shows that women who have had a vaginal delivery and used the large *FemCap*[™] have a much higher risk of pregnancy using *FemCap*[™] compared to women who have not.

The chance of pregnancy can also vary depending on such factors as whether the device is used for every act of intercourse (as it is intended) and whether spermicide is used with the device each time it is inserted. Also, the chance of pregnancy may vary if Emergency Contraception or another form of contraception is used when the *FemCap*[™] is not used.

The chance of pregnancy at 12 months would probably be even higher than at 6 months because, in general, the longer a woman uses a contraceptive method, the greater chance she has to get pregnant.

To help you decide what type of contraceptive is best for you, the following table lists estimated 1-year chance of pregnancy for some of the products currently available:

Contraceptive Method	12-month chance of Pregnancy
<ul style="list-style-type: none"> • Surgical Sterilization • Injectable Hormones • IUDs • Implantable 	Less than 1%
Hormone pills, vaginal ring	1-2%
Male condom	11% ¹
Contraceptive Diaphragm	17%
Cervical Cap	17%
Female condom	21% ¹
<i>FemCap</i> (all sizes)	(23%) ¹
22 mm, never pregnant	14% ¹
26 mm, no vaginal births	14% ¹
30 mm, vaginal birth	29% ¹
<i>Lea's Shield</i> [®]	15 ¹

¹ These 1-year probabilities are projected since most barrier studies today are conducted as 6-month studies.

There are large differences in these one-year chances of pregnancy. That doesn't mean that methods with more pregnancies are not beneficial. The availability of different methods is important so that the needs of all women desiring contraception can be met. For example, some women can't take hormones because of medical reasons or because they smoke. Also,

some women prefer to use condoms because they provide some protection from sexually transmitted infections.

You should discuss the risks and benefits of these methods with your doctor and choose which one best suits your needs. Remember that consistent and correct use will help you achieve maximum efficacy with all of these methods.

Reference

Mauck C, Callahan M, Weiner DH, Dominik R, and the *FemCap*[™] Investigators' Group, A comparative study of the Safety and Efficacy of *FemCap*[™], a new vaginal barrier contraceptive, and the Ortho All-Flex Diaphragm. 1999, *Contraception*, Vol. 60, pp 71-80.

CAUTION: FEDERAL (USA) LAW RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A PHYSICIAN OR FAMILY PLANNING HEALTH CARE PROVIDER.

Instructions for Use for *FemCap*[™]

You have to follow some important rules to use *FemCap*[™] safely and help lower your risk of getting pregnant.

1. You have to apply spermicide such as Nonoxynol-9 when you insert your *FemCap*[™]. If you don't use spermicide, you are more likely to become pregnant.

2. Regarding how long the *FemCap*[™] may be worn:

a. You must leave *FemCap*[™] in place for at least 6 hours after your most recent sexual intercourse. Removing it within six hours after your last intercourse may allow live sperm to enter your womb and increase your chances of becoming pregnant.

b. If 6 hours or more have passed since you had your most recent intercourse, you may remove the *FemCap*[™] and wash it. Be sure to reinsert *FemCap*[™] with spermicide before your next act of intercourse.

c. You may leave the *FemCap*[™] in the vagina for a maximum continuous wear time of 48 hours, and have repeated sexual intercourse, but you should not have sex after *FemCap*[™] has been in your vagina for 42 hours. This will allow you to keep *FemCap*[™] in your vagina for 6 hours after your last sex act

but still remove it at 48 hours. Wearing *FemCap*[™] for longer than 48 hours could cause injury or infection.

d. You do not need to apply additional spermicide if you have sex more than once within the 42 hours after you insert the *FemCap*[™]

e. If you think you might have intercourse during the last 6 hours of this 48-hour period, remove the *FemCap*[™] during a safe time (i.e. more than 6 hours since the last intercourse) and wash it. Prior to your next intercourse, re-apply spermicide and reinsert your *FemCap*[™] into the vagina, before sexual arousal whenever possible. Reinsertion will reset the 48-hour clock for maximum wear time.

3. *FemCap*[™] does not protect you from sexually transmitted infections (STIs). Latex condoms for men are highly effective at preventing STIs including AIDS (HIV infection), if used properly.

4. You should insert *FemCap*[™] before you become sexually excited whenever possible in order to place it over your cervix correctly. The reason for this is that the vagina lengthens when you become sexually excited making the cervix more difficult to reach and cover with the *FemCap*[™].

5. Check the *FemCap*[™] twice, prior to and after intercourse to confirm that it is in the correct position. Incorrect position and device dislodgement may result in pregnancy. If the *FemCap*[™] was dislodged during intercourse, you may wish to discuss Emergency Contraception with your physician.

6. You may wish to have a back-up form of contraception available while you are learning how to use the *FemCap*[™] in the event that you and your partner are not able to use the *FemCap*[™] for contraception.

7. *FemCap*[™] is a single-patient use device and may not be shared with other users.

INSTRUCTIONS FOR USE

(In addition to these Instructions for Use, you should refer to the instructional video provided with your *FemCap*[™].)

INSERTION

NOTE: Always wash your hands before handling and inserting *FemCap*[™].

Step 1: Find your cervix before inserting the *FemCap*[™]. To find your cervix, first bear down. This will bring your cervix closer to your finger. Next, insert a finger deep into your vagina. (The cervix feels like the tip of your nose, and its position can vary depending on the time of the month and your body position.) This will teach you how your cervix is positioned in your body. See Figure 1.

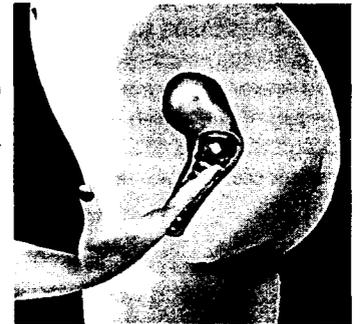


Figure 1

Step 2: Next apply the spermicide to the *FemCap*[™]. A total of about one teaspoon of commercially available spermicide will be needed to coat your *FemCap*[™]. First, place 1/4 tsp in the bowl of your *FemCap*[™], the part that will face your cervix. **Don't fill the bowl.** See Figure 2.



Figure 2

Step 3: Place 1/2 tsp within the groove of the cap between the brim and the dome. The brim and dome will face into your vagina after you insert your *FemCap*[™]. See Figure 3.



Figure 3

Step 4: Apply spermicide in a thin layer over the outer brim except for the spots where your finger and thumb are holding the cap. See Figure 4.



Figure 4

35

Recommended Insertion Positions for FemCap™

Step 5: Choose a position for inserting your FemCap™ that works best for you. See Figures 5-a, 5-b and 5-c.

Position 1: Squatting

Squat with both feet on the floor. See Figure 5-a.



Figure 5-a

Position 2: Leg-up Method

Stand with one leg raised on a chair or toilet seat. See Figure 5-b.



Figure 5-b

Position 3: Reclining with both knees bent

Recline on your back and bend both knees. See Figure 5-c.



Figure 5-c

Step 6: Hold your FemCap™ in one hand with the inside of the bowl facing up and the longer brim facing the body. Squeeze your thumb and finger together to flatten the FemCap™. See Figure 6.



Figure 6

Step 7: Separate the sides of your vaginal opening with your free hand and bear down to bring the cervix closer to your vaginal opening. Holding the FemCap™ in the squeezed, flattened position with the bowl facing up, insert your FemCap™ into your vagina with the long brim entering first. See Figure 7.

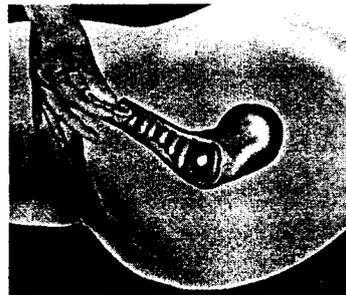


Figure 7

Step 8: Insert FemCap™ into your vagina, pushing it down toward the rectum and down and back as far as possible. See Figures 8-a and 8-b.

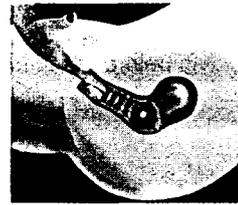


Figure 8-a

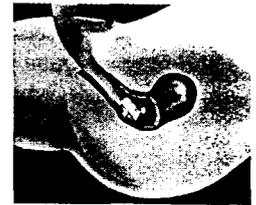


Figure 8-b

Step 9: Push your FemCap™ so that it covers your cervix completely. See Figure 9.

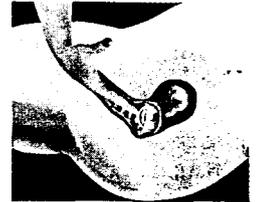


Figure 9

Step 10: Check to make sure that the FemCap™ is not partway between the vaginal opening and your cervix. The FemCap™ should be in the uppermost part of the vagina with the bowl covering the cervix. See Figure 10 for an example of *incorrect* FemCap™ position.

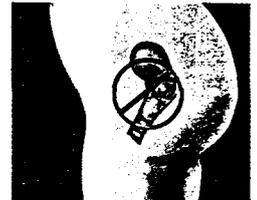


Figure 10
(Incorrect position)

Step 11: Check the position of the FemCap™ immediately after you insert it. To check the position of the FemCap™, squat, bear down, insert your finger into your vagina, and feel for the FemCap™. See Figure 11.



Figure 11

Step 12: Press upwards on the strap and the dome for at least 10 seconds. See Figure 12.



Figure 12

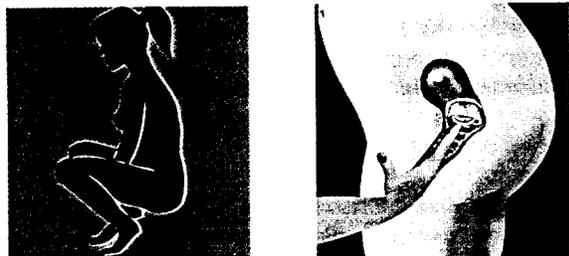
NOTE: If the FemCap™ is not covering your cervix completely, either push it onto your cervix or remove it and reinsert it.

REMOVAL

Do not remove FemCap™ sooner than six hours after the most recent sexual intercourse. This time interval is crucial because to remove it earlier may allow any remaining live sperm to enter the womb, thereby increasing the chances of pregnancy.

CAUTION: While removing the device, be careful to avoid scratching the vagina with a fingernail.

Step 13: To remove the *FemCap*[™], squat and bear down to bring the strap closer to your finger. See Figures 13-a and 13-b.



Figures 13-a and 13-b

Step 14. Rotate the *FemCap*[™] in any direction that is comfortable for you to hook the removal strap. See Figure 14.

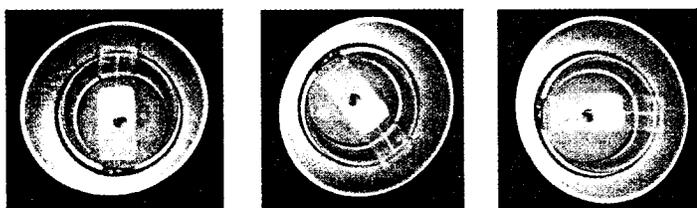


Figure 14

Figure 14 illustrates possible rotations of the *FemCap*[™]. Choose the degree of rotation that is most comfortable for you.

Step 15. With muscles relaxed, push the tip of your finger against the dome of the *FemCap*[™] to dimple it. This will break the suction and allow room for your finger to fit between the dome and the removal strap. See Figure 15.

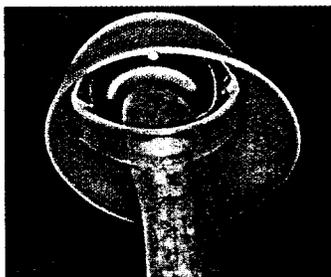


Figure 15

Step 16: After hooking the removal strap with the finger, gently pull the device out of the vagina. See Figures 16-a and 16-b.



Figures 16-a and 16-b

How to Take Care of the *FemCap*[™]:

FemCap[™] is a medical grade silicone material that is compatible with water-based cleaning agents, lubricants, and with commercially available spermicidal gels.

To clean the *FemCap*[™]:

1. Wash your *FemCap*[™] thoroughly with antibacterial hand soap. Do not use heat, synthetic detergents, organic solvents, or sharp objects to clean your *FemCap*[™].
2. Rinse it under tap water for one minute.
3. Look at it to be sure it is clean. Clean it more, if necessary.
4. Allow it to air dry or gently pat it dry with a clean, soft towel.

5. Store the *FemCap*[™] in the plastic container provided. See Figure 17.



Figure 17

FemCap[™] should be replaced if it shows signs of wear and tear or deterioration.

Follow-up with Your Doctor:

- A two-week follow-up visit is recommended. You should wear the *FemCap*[™] to the office. Your doctor will confirm that the device is in the correct position by pelvic exam, or by plastic speculum if needed. Your doctor will also ask you some questions about whether the *FemCap*[™] moved to help decide whether or not you need a different size or whether you should choose another form of contraception.

- After the initial two-week follow-up visit, the frequency of return visits should be determined on a case-by-case basis depending on your comfort level with *FemCap*[™] and your doctor's advice.

- If you become pregnant, the size of your cervix may change. Therefore, you will need to be refitted before you rely once again on the *FemCap*[™] for contraception.

- You should tell your doctor whether you or your partner experience any discomfort during intercourse while using *FemCap*[™].

- Use the *FemCap*[™] every time you have intercourse (except during your period).

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Date of printing: July 28, 2003