



# FERTI·LILY

A LITTLE HELP MAKING  
A LITTLE MIRACLE

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The FERTI·LILY Cup acts as a protective cradle for sperm, encouraging more sperm to swim through the cervical mucus and thereby increasing the chances of one of the sperm cells reaching your egg. FERTI·LILY gives a little help, making your little miracle.

## A. FERTI·LILY CONCEPTION CUP

The FERTI·LILY Conception Cup is a tested and approved medical device developed by fertility specialists who want couples to fulfill their dream of starting a family. The FERTI·LILY Cup will not interfere with romance or spontaneity because it's designed for use comfortably after sex. At FERTI·LILY, our mission is to help you increase the odds of conceiving, without getting in the way of the intimacy.

The cup is designed to bring as much of his sperm as possible right to the cervix, the opening of your uterus. Using the FERTI·LILY Cup increases the number of sperm delivered to the protective environment of your cervical mucus, which acts as a reservoir for extended sperm survival

The FERTI·LILY Cup is easily placed in the vagina after intercourse, using your fingers. It's made of soft, flexible silicone and is proven to be comfortable to insert, wear and remove.

## BENEFITS OF USING THE FERTI·LILY CONCEPTION CUP:

- The FERTI·LILY Cup brings more sperm cells directly to the cervix.
- Sperm safeguarded within the FERTI·LILY Cup is exposed to less contact time in the vagina, which typically has a pH level toxic to sperm.
- The FERTI·LILY Cup can remain in place for up to 1 hour, increasing the amount of time individual sperm cells have to swim into the fertile cervical mucus.
- You can urinate, shower, sleep, or go about your business after inserting the FERTI·LILY Cup without worrying about losing any of his sperm.
- Cuddle afterwards for as long as you like. There's no need to keep your legs in the air if you're using the FERTI·LILY Cup.

## DID YOU KNOW?

- Normally up to 60% of the sperm can flow out of the vagina after sex.
- The low pH of your vagina actually kills off sperm. The less time in the vagina that the sperm spends, the better for its survival.
- Research suggests female orgasm can help your chances of conceiving. If you haven't already had an orgasm, try to have one after inserting the cup. Orgasms can help you conceive. If you've already had an orgasm, don't let the presence of the cup stop you from having another one. Vaginal penetration is not ideal once the cup is in, but you can still have fun in other ways.
- Stress reduces your chances of conceiving. Relax, don't worry and try to have some fun.
- Urinating after sex helps to reduce the chances of bladder infections (UTI).
- You can tell by the color and consistency of your cervical mucus when you are most fertile.
- For more tips and tricks visit [www.FertiLily.com](http://www.FertiLily.com).

## B. HOW TO USE THE FERTI·LILY CUP



### Important product safety information

Do not use the FERTI·LILY Cup before you read and understand these instructions.



**Retain for future reference.** This User Guide is for information only and should not be considered as medical advice, nor does it substitute for a consultation with your doctor. If you have any medical concerns or conditions, please consult your doctor prior to using the Cup.



For a **handy video** on how to use the FERTI·LILY Cup have a look on [www.FertiLily.com](http://www.FertiLily.com)



**Before first use, boil the FERTI·LILY Cup in an open pot of boiling water for 5-10 minutes.** Dry the FERTI·LILY Cup and store it in the organic cotton pouch provided.



**For first-time users,** it is recommended the FERTI·LILY Cup be inserted, positioned, and removed a number of times before intercourse until you're familiar with insertion and removal. The first few times may be a bit tricky, but practicing will help make it easier to use after intercourse. Using a lubricant may increase the comfort of use during practice. Use caution when inserting and removing the FERTI·LILY Cup if you have long fingernails.



Use the FERTI·LILY Cup during the ovulatory phase of your menstrual cycle. Using **ovulation predictors** may help you to determine the days of your monthly cycles with the highest fertility.

### Step 1

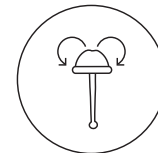
Prior to insertion, thoroughly wash the FERTI·LILY Cup for 15-20 seconds with warm water. Remember to keep the FERTI·LILY Cup close to the bed, so you will not have to get up after intercourse.

### Step 2

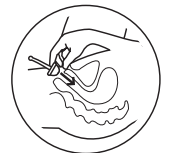
Have intercourse (Pictogram A). After your partner has ejaculated inside you, get the cup without sitting or standing up, to avoid semen flowing back out of your vagina. Turn the cup inside-out to look like an umbrella (Pictogram B). Hold the FERTI·LILY Cup with the stem pointing toward your feet and one finger inside the umbrella shape (Pictogram C).



Pictogram A



Pictogram B



Pictogram C

### Step 3

Gently push the cup up inside your vagina (Pictogram D). This will push the semen towards the cervix. Once you reach the top of your vaginal canal, gently pull on the cord to pop the FERTI·LILY Cup back into its original shape while holding the cup in place with the inserted finger (Pictogram E). How to tell if you've done it right? You can actually feel the indents when the cup is in its correct shape, and you can barely feel them when it's in the umbrella shape. (Try this a few times when holding the cup in your hands prior to use, if you like.) If you really can't tell if the cup is in its original shape or its umbrella shape, don't worry too much. You've got the sperm up there and the cup will prevent it from flowing back. Just leave the cup in place for now. Practice makes perfect, so next time it should go smoothly.

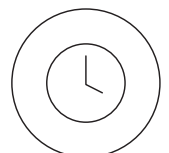
The FERTI·LILY Cup can be worn for 20 minutes up to a maximum of 1 hour (Pictogram F). See removal instructions below.



Pictogram D



Pictogram E



Pictogram F

### C. HOW TO REMOVE THE FERTI·LILY CUP

Wash your hands with soap and water. In a comfortable position, either standing up or sitting on the toilet, bear down in a series of gentle downward pushes with your abdominal/pelvic floor muscles (as if you are having a bowel movement). Since the vagina is only about 8-10 cm long, you can insert your index finger up slowly until you reach the removal stem if it's not already accessible (Pictogram G). Gently and slowly pull the stem horizontally until you can feel the base of the FERTI·LILY Cup at the opening of your vagina (be gentle, pulling on the stem too hard can cause discomfort and ultimately the stem can break. Gradually pull the cup out little by little instead of pulling with force on the ball). Firmly pinch the base of the cup with the two indents or use your finger to pull one edge of the cup down to release the seal and pull it gently out of your vagina. Once removed, simply empty the contents into the toilet. Wash the FERTI·LILY Cup thoroughly and store as directed (Pictogram H).



Pictogram G



Pictogram H

**Reminder:** It is not necessary to remove the FERTI·LILY Cup before urinating or having a bowel movement.

### D. HOW TO CLEAN THE FERTI·LILY CUP

Clean the FERTI·LILY Cup with warm water. 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 and cause irritation.

The FERTI·LILY Cup may naturally discolor slightly over time. This does not impair its functionality. As needed, it may be boiled for 5-10 minutes in an open pot with plenty of water. Do not leave the boiling pot unattended. If you accidentally burn your cup because the pot boiled dry, your cup may be ruined and should be replaced.

The small holes located below the rim are meant to avoid a vacuum when removing the cup and must be kept clear and clean at all times. Gently stretch each hole under warm running water to remove any debris. At the end of your fertile period, it is recommended to wash and then boil the FERTI·LILY as instructed above and dry the FERTI·LILY Cup completely. Store it in the cotton bag provided, **not** in a plastic bag or air tight container.

If you are unable to wash the FERTI·LILY Cup directly after removal (for instance, when using a public restroom), wash your hands thoroughly before entering the cubicle, empty the contents in the toilet and simply use a dry or damp tissue to clean the cup. At the next convenient time, clean as instructed. When traveling, always wash the cup using potable (safe to drink) water.

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

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### E. HOW OFTEN TO REPLACE THE FERTI·LILY CUP

Medical silicone is very durable, but the lifespan of the FERTI·LILY Cup varies, depending on factors unique to each user. Inspect your cup before each use for signs of deterioration, such as a sticky or powdery residue, breaks in the silicone, severe discoloration or odor. A general guideline is to replace it after 6 months of use, or sooner if the cup shows signs of deterioration.

### F. PRECAUTIONARY WARNINGS

- Use according to the directions provided.
- You may experience light cramping during the first use.
- Do not pull on the stem of the cup with force. The stem can break with excessive force and while it can be used to remove the cup slowly, one should not pull on the ball of the stem with force, but use the stem to remove the cup little by little.
- **The FERTI·LILY Cup is not a contraceptive device and will not protect you against sexually transmitted infections.**
- The FERTI·LILY Cup and TSS: There is no known link between Toxic Shock Syndrome (TSS) and cups such as the FERTI·LILY Cup. Consult your physician prior to using the FERTI·LILY Cup if you have previously been diagnosed with TSS. TSS is a rare condition, usually associated with the use of tampons, whose symptoms must be taken seriously. Remove the FERTI·LILY Cup and contact your doctor immediately if you experience any of the following symptoms: sudden vomiting, diarrhea, high fever, headache, a sunburn-like rash, muscle aches, confusion or seizures.
- Do not use the FERTI·LILY Cup if you have a yeast or bacterial infection. Resume use once the infection has completely cleared. If you have used the FERTI·LILY Cup while you have had an infection, it is recommended that you replace your cup with a new one to ensure against repeat infection.
- Dispose in trash. Do not flush the FERTI·LILY Cup down the toilet.
- If you experience any adverse effects, discontinue use and consult with your physician

FERTI·LILY helps to increase the amount of sperm that swims into the cervix. There are many factors that could influence fertility on which FERTI·LILY cannot have any influence. If you are still not pregnant after 12 months of trying or are worried about your fertility, please consult with your doctor.

This device is intended as an aid in conception and does not guarantee pregnancy.

### G. CONTACT AND CONSUMER CARE

Carefully follow these instructions for best results. Visit [FertiLily.com](http://FertiLily.com) for more information. For other questions, contact our consumer care team: Email: [info@ardomedical.co.uk](mailto:info@ardomedical.co.uk) Phone: [01823-336362](tel:01823-336362)

The FERTI·LILY Cup is a registered trademark of FERTI·LILY. This is the official User Guide for the FERTI·LILY Cup and content may change without prior notice. Visit [FertiLily.com](http://FertiLily.com) for up-to-date information.



The FERTI·LILY Conception Cup is a **medical device** Class I

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