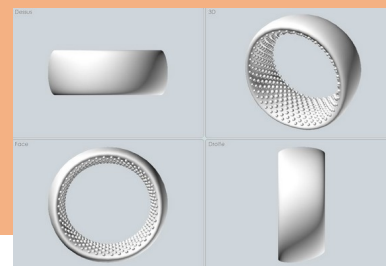


Instructions for use: SEMINOGRAM & MALE THERMAL CONTRACEPTION



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|---------------------------------|---|
| <i>Introduction</i> | <p>A seminogram is a medical exam whose purpose is to analyse several parameters in a sperm sample. It consists in observing a drop of semen through a microscope in order to count the number of spermatozoa and study their characteristics.</p> <p>Non-invasive and painless, this exam is to be done regularly to ensure your sperm count remains under the contraceptive threshold: concentration of spermatozoa < 1 million/ml.</p> |
| <i>Instructions for MTC</i> | <ul style="list-style-type: none"> • The first exam assesses the quality of your sperm. If it does not match the WHO standards, your general practitioner will redirect you to different contraceptive methods. • The next two analyses will be done 2 to 3 months later, then every 3 weeks after you started wearing the device. If your sperm count is < 1 million/ml, you are contracepted. If not, take the test again the following month. • During the first 6 months, the exam is to be done monthly, then quarterly. • Caution : In case you forgot to wear the ring or were not consistent in wearing it, continue applying the protocol but use a different contraceptive method for a month, then take the test again. • When you stop using this contraception method, use a different one then, after 3 months, take another test to make sure your fertility is back to normal according to WHO standards with your general practitioner's guidance. |
| <i>Where can you do it?</i> | <p>Contact the laboratory that is closest to you.</p> <p>By appointment only, you can either collect a sample at home and bring it to the laboratory within an hour, or collect it directly at the premises.</p> |
| <i>Equipment</i> | <p>Sterile container Antiseptic wipe Sterile saline water vial</p> |
| <i>Minimum quantity</i> | <p>Between 0.5 and 3 ml depending on the requested exams. Can be associated with other spermiological exams.</p> |
| <i>How to get ready for it?</i> | <p>General rule: observe a 3-day abstinence period.</p> <p>Drink 1 litre of water the day before and a big glass of water on the same day. Urinate before collecting the sample. Wash your hands with soap and water. Rinse your hands with clear water. Disinfect your penis with the antiseptic wipe. Rinse your penis with the saline water from the sterile vial in order to wipe off all traces of disinfectant. Open the container. Masturbate and collect the ejaculate in the sterile container designed for this purpose. Carefully put the lid back on the container. The person taking delivery will stick a label with your last name, first name and date of birth on the container.</p> |

SEMINOGRAM
Reference values according to the 2010 WHO guide

| SPERM CHARACTERISTICS | STANDARD VALUES | STANDARD VALUES WHILE USING THERMAL MALE CONTRACEPTION |
|--|--|--|
| VOLUME | > 1.5 ml | > 1.5 ml |
| SPERM COUNT | > 15 million/ml (Infertility threshold) | < 1 million/ml (Contraceptive threshold) |
| PROGRESSIVE MOTILITY (A+B) | > 32% | < 10% |
| VITALITY (MOTILITY ONE HOUR AFTER EJACULATION) | > 58% | < 40% |
| NORMAL MORPHOLOGY OF THE SPERMATOZOA | > 4% | < 4% |

- Practising MTC and wearing the contraceptive ring will not provide any protection against sexually transmitted diseases (STD) or infections (STI), for which the condom is the only effective barrier.
- Before using this product, please refer to your general practitioner.
- Make sure you always wear the device strictly following the instructions from the MTC protocol and those given to you by your GP. If you have any doubts, ask your GP or your pharmacist.

