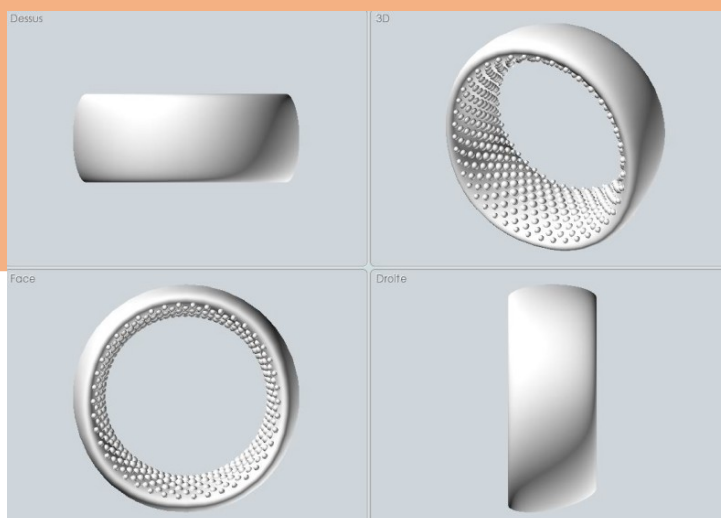


ANDRO-SWITCH



For the first time worldwide, THOREME creates an innovating sex toy that combines great technicality and exquisite design. It is the first sex toy that's just perfect for men. It is discreet and easy to use. It feels incredible and brings the testicles closer to the body to raise their temperature.

Ergonomic and inventive, the ANDRO-SWITCH thermal ring is designed to adapt to your anatomy. It complies with directive 2004/108 from 15/12/2004. The high-quality platinum-catalysed silicone, **certified biocompatible (ISO 10993-10 Skin Safe)** allows for comfortable use and its super stretch features ensures perfect adjustment each and every time. It is soft, hygienic, non-porous, odourless, hypoallergenic, resistant, and easy to clean.

The thermal ring brings the testicles closer to the body to raise their temperature. It also offers incredible sensations that will stimulate and satisfy you more than ever.

Before you go any further in discovering the "ANDRO-SWITCH" thermal ring, please read this manual carefully.



Device description

Important information to be aware of regarding the **male thermal contraception (MTC) method with testicular lifting** and the use of the thermal ring:

- Practising MTC and wearing the contraceptive ring will not provide any protection against sexually transmitted diseases (STD) or infections (STI), against which the condom is the only effective barrier.
- It is among the most reliable reversible contraception methods when correctly applied.
- MTC is a topical, non-hormonal and long-term male contraception.
- Use it with caution and see your doctor if you feel any pain or notice any unusual sign.
- Appropriate cleaning and care can extend the products shelf life.
- Before using this product, see your general practitioner.
- Please read this manual carefully and follow the safety instructions detailed below before you start wearing the thermal ring or using this contraception method.
- Keep this manual. You may need to re-read it.
- If you have any other questions, ask your doctor or pharmacist.
- This product is yours and yours only. Don't give it to anyone else. It could be harmful to them.
- If you feel any secondary effect or adverse reaction, reach out to your doctor or pharmacist. This also applies to any secondary effect not specified in this manual. See section 5.
- The thermal ring is, as of now, not a medical contraceptive device. Currently, it is only an innovative product specifically designed to temporarily hold the testes in a supra-scrotal position for wellness purposes. Testicular lifting is not a medical practice (it happens naturally when you are cold, for instance), unlike contraception. Using it to apply the MTC protocol is your and your doctor's full responsibility.

What will you find in this manual?

1. What is the "ANDRO-SWITCH" thermal ring and in which cases is it used?
2. What do I need to know before I start wearing the thermal ring?
3. What do I need to know before I start practising male thermal contraception (MTC) with testicular lifting?
4. How is the thermal ring used?
5. What are the potential adverse effects?
6. How to store and wear the thermal ring?
7. Additional information and content of the package

Which documents will you need?

THOREME puts the following PDF documents at your disposal, downloadable for free:

- Complete product sheet: ANDRO-SWITCH
- Instructions for use: PLACEMENT & REMOVAL ANDRO-SWITCH
- My ANDRO-SWITCH size
- ANDRO-SWITCH & MTC Infography
- R. Mieusset & JC. Soufir, Practical guide to male thermal or hormonal contraception ANDRO-SWITCH
- Instructions for use: SEMINOGRAM & MALE THERMAL CONTRACEPTION (MTC)
- DRAGON_SKIN: technical data & certifications
- User manual: ANDRO-SWITCH
- ANDRO-SWITCH PACK (includes all the above documents)

Make sure you always have these documents on hand. They will allow you to grasp all the subtleties of MTC and of the thermal ring itself and will constitute a wealth of information that you will need to refer to while practising MTC.

They are all available on the Slow Contraception Facebook page:

<https://www.facebook.com/slow.contraception/>

What is the thermal ring and in which cases is it used?

Wearing a thermal ring is designed to bring the testes optimally closer to the body. It can be used for wellness purposes. Raising the temperature of the testicles to that of the body leads to temporary and reversible infertility.

Is it discreet?

The Andro-switch thermal ring is completely invisible underneath your clothes. Is is 100% discreet.

Is it easy?

Once you have understood how to put the ring on and have grasped the MTC protocol, this contraception method is pretty easy to use.

Can I use it outside of MTC?

Of course! Remember that it is a wellness sex toy before anything else. Nothing keeps you from using it as such as long as you follow the instructions from the manual.

Remember that the thermal ring must be washed before and after each use during sexual intercourse with lukewarm water and soap.

How many thermal rings do I need?

MTC is a daily practice. If you've forgotten to wear it for 24 hours or more, it is advised to use another contraception method. Have a new seminogram done a month later. Depending on the results and with your doctor's approval, you can start using MTC only again.

If you lose your thermal ring, the same problem will arise.

This is why it is recommended to always have 2 thermal rings on hand.

What do I need to know before I start wearing the thermal ring?

General notes:

Before you start wearing the thermal ring, you will need to provide your general practitioner with information regarding your health and medical history and that of your relatives. The doctor will carry out a clinical examination and prescribe you a seminogram as well as other analyses or exams depending on your personal situation.

No blood test is required.

The results of a seminogram are considered normal when the concentration of spermatozoa is higher than 15 million/ml, progressive motility greater than 32% and the shapes are normal, depending on the method used¹. For more details, please refer to the table in section 7. If it's not the case for you, your doctor will present you with alternative contraception methods that are more suitable to your specific situation.

This manual describes several situations that require you stop wearing the thermal ring as well as circumstances in which the efficiency of the thermal ring may decrease. In such cases, you should abstain from sexual intercourse or use other contraception methods, such as condoms.

Wearing the thermal ring or practising male thermal contraception will not provide any protection against HIV/AIDS or other sexually transmitted diseases (STD).

Never wear the thermal ring:

If you find yourself in one of the situations listed below or suffer from mental and/or physical disabilities, you must not wear the thermal ring. If this is the case, you must inform your general practitioner. They will present you with alternative contraception methods that suit your situation better or with other possible options to use the thermal ring depending on your situation.

During the oral examination, it is found that you have a history of:

- Testicular descent anomalies (cryptorchidism, ectopia), treated or not;
- Inguinal hernia, treated or not;
- Testicular cancer;
- Sensitivity alteration in the pubis, groin, penis or scrotum areas;
- Strength decline in the hands.

The clinical examination shows that:

- You suffer from severe obesity; Your Body Mass Index (BMI) is ≥ 30 kg/m²;
- You suffer from grade 3 varicocele;
- You have an intra-scrotal nodule;
- You have a significant hydrocele;
- You suffer from cutaneous filariasis or elephantiasis;
- You have topical cutaneous infections in the penis, scrotum, groin and pubis areas;
- You have contact dermatitis in the penis, scrotum, groin and pubis areas;
- You have a penile edema.

¹ WHO (2010) Laboratory manual for the examination and processing of human semen, Fifth edition, WHO press, World Health Organisation, Switzerland

What do I need to know before I start practicing male thermal contraception and wearing Andro-switch?

Make sure you always strictly follow the instructions from the MTC protocol described below and those given to you by your doctor while wearing the ring. In case of doubt, ask your general practitioner or pharmacist.

Protocol

The most widely used method consists in raising the temperature of the testicles by about 2°C. This raise in temperature is obtained by shifting the testicles from the scrotum into the superficial inguinal sac. The testicles are then held in this position using the testicular lifting technique. Raising the temperature of the testicles to that of the body leads to temporary and reversible infertility.²

Principle: each testicle is manually lifted from the scrotum to the root of the penis, close to the external orifice of the inguinal canal. The testicles must be held in this position every day during waking hours (15 hours a day).

Execution: testicular lifting is possible without any risks for all men meeting the defined inclusion criteria.

The heating process must be applied every day for 15 consecutive hours. The minimum period of 12 hours should remain exceptional and maximum wearing time is 16 hours. Non-observance of the minimum daily period or not wearing the thermal ring for a whole day does not guarantee the inhibiting effect on spermatogenesis and thus the contraceptive effect. It is not advised to wear the thermal ring over 16 hours a day, or only exceptionally and with your general practitioner's approval.

Effective contraception: once the concentration of spermatozoa is below 1 million/ml in two consecutive sperm analyses three weeks apart. This level of concentration is obtained between 2 to 4 months of wearing the thermal ring. The 1 million/ml threshold was defined in 2007 for thermal, chemical and hormonal contraception methods³⁴. Below this threshold, you are considered contracepted.

Consequently, it is necessary to use another contraception method as long as the concentration of spermatozoa is higher than 1 million/ml.

Medical follow-up: no blood analysis is mandatory. However, the first seminogram you do must be considered normal: concentration of spermatozoa higher than 15 million/ml, progressive motility greater than 32%, normal morphology depending on the method used⁵. For more details, please refer to the table in section 7. If it's not the case for you, your doctor will present you with alternative contraception methods that are more suitable to your specific situation.

It is advised to have a monthly seminogram done up until the sixth month, then every three months afterwards if the user properly applies the protocol. This simple and quick test is used to control that the thermal ring is correctly worn and that the desired effect endures. It is advised to observe a three-day abstinence period before a seminogram. No annual medical check-up is required when practicing MTC.

² Male thermal contraception protocol in nine questions (R. Mieusset)

<http://www.contraceptionmasculine.fr/les-methodes/la-cmt/>

³ World Health Organization Task Force on Methods for the Regulation of Male Fertility, Gui-Yuan Z, Guo-Zhu L, et al. Contraceptive efficacy of testosterone-induced azoospermia in normal men. *Lancet* 1990;336:955-9.

⁴ Jean-Claude Soufir, « Hormonal, chemical and thermal inhibition of spermatogenesis: contribution of French teams to international data with the aim of developing male contraception in France », *Basic and Clinical Andrology*, vol. 27, 13 January 2017, p. 3

⁵ WHO (2010) Laboratory manual for the examination and processing of human semen, Fifth edition, WHO press, World Health Organisation, Switzerland

Length of male thermal contraception: the maximum period is four years since reversibility in terms of sperm parameters and fertility has been proven for this length of time. Beyond that, please check with your doctor first.

Reversibility: when you stop wearing the ring, spermatozoa production starts again. The concentration of spermatozoa gets back to the standard values established by WHO⁶ between six to nine months. All the couples who have consequently wished to get pregnant have been able to do so and no anomalies have been found. No spontaneous miscarriages have occurred. It should be noted that an unwanted pregnancy has occurred three months after the protocol was stopped for a couple who wasn't using any contraception method⁷. This goes to show that the fertilizing potential of the spermatozoa can be activated before the spermatogenic parameters are fully back to normal.

Consequently, as soon as you stop applying the MTC protocol or wearing the thermal ring, another contraception method is immediately necessary in order to avoid any unwanted pregnancies.

Oversight: in case you forgot to wear the ring for over a day or you have a doubt, it is recommended to check the concentration of spermatozoa with a seminogram. It is advised to double the contraception with other methods as long as the sample results don't point to a concentration of spermatozoa that is lower than 1 million/ml.

Pregnancy

Don't use the thermal ring if you and your partner are planning a pregnancy in the very short term.

Every pregnancy possibility must be excluded before you start applying the MTC protocol with the thermal ring. Should a pregnancy occur while practising MTC, see your doctor as soon as possible.

Can MTC or wearing the thermal ring impact my sex life?

You will still get erections and orgasms while wearing the thermal ring and practising MTC.

The amount of sperm you ejaculate is about the same but it doesn't contain as many spermatozoa as it used to (contraceptive threshold: concentration of spermatozoa < 1 million/ml).

Your hormones and manliness remain unaffected.

Your sex drive and ability to have sexual intercourse remain unaffected as well.

The only change is that you cannot conceive a child for a given period of time. If your decision is carefully pondered and you do not feel forced to do it, then you probably won't regret your choice.

Do I need anyone's consent?

It is recommended to discuss MTC and the thermal ring with your partner beforehand. This decision affects both of you.

This said, your partner is not required to give their consent.

You can choose to practise MTC and to wear the ring if you don't have a partner or if you don't have children.

See your doctor before you start practising MTC and wearing the thermal ring.

Why should I choose MTC?

It is a topical non-hormonal and long-term male contraception method.

It can be used if you do not wish to have children or do not wish to have any more children, all the while being temporary and reversible.

Whatever your reasons, MTC and wearing the thermal ring are easy to use.

⁶ WHO (2010) Laboratory manual for the examination and processing of human semen, Fifth edition, WHO press, World Health Organisation, Switzerland

⁷ <http://www.contraceptionmasculine.fr/les-methodes/la-cmt/>

Driving vehicles and operating machines

If it is proved that you are using vehicles or machine that could lead to testicular trauma, see your doctor before you start wearing the device.

No other precaution is required.

Sports & leisure

For any sports that can cause testicular trauma or direct testicular contusion such as contact sports or combat sports where you risk getting hit with a knee or a foot or team sports where you risk getting hit with a ball, please refer to your doctor before wearing the ring while practising.

For any sports requiring a medical certificate, see your doctor before you start wearing the device:

- Sports that are practised in a specific environment :
 - Mountain climbing;
 - Underwater diving;
 - Caving;
- Competitive sports where the fight can end notably or exclusively with one of the opponents getting in a position that keeps them from defending themselves or even renders them unconscious after they've been hit;
- Sports that include the use of firearms or air guns;
- Competitive sports that include the use of ground motor vehicles, except for remotely operated model cars;
- Sports including the use of an aircraft except for aeromodelling;
- Rugby union, rugby league and rugby sevens.
- Any sport discipline or activity involving the use of a climbing harness, harness, pelvis belt.

If you have any questions regarding the use of the thermal ring, ask your general practitioner or pharmacist for more information.

Additional information regarding specific populations

Children and young adults

The thermal ring is not intended for young boys. Your doctor will discuss with you other contraception methods that are more suitable.

Keep the thermal ring out of the reach of children.

How to wear the thermal ring?

Which size should I choose?

To choose the size that fits you best, please follow the instructions hereafter:

MEASURING PENIS/ RING SIZE

Instruction manual

Method

Use a ruler or a tape measure

1. Standing, uncover your penis and place the ruler on top, at the base

Note the width of your penis when flaccid

2. With an erection, place the ruler at the base of your penis for a second time, and note the width

3. Those are all the measurements you need! Head to the Andro-switch lab (<https://lab.androswitch.com/>) to upload (anonymously) your measurements and ring size

Sizing chart

If the difference between the measurements is more than 1.2cm

Measurement of erection	Ring internal diametre	Andro-Switch basic	Andro-Switch soft
2,9 > 3,5 cm	31,5 mm	A	S (+soft)
3,5 > 4 cm	34,7 mm	N	W (+soft)
4 > 4,5 cm	35,9 mm	D	I (+soft)
4,5 > 5 cm	41,3 mm	R	T (+soft)
5 > 5,5	44,7 mm	O	C (+soft)

1

eg: I measure 3.5cm, I enter 3.5 on the site

2

eg: I measure 4.1cm, I enter 4.1 on the site

©Thoreme

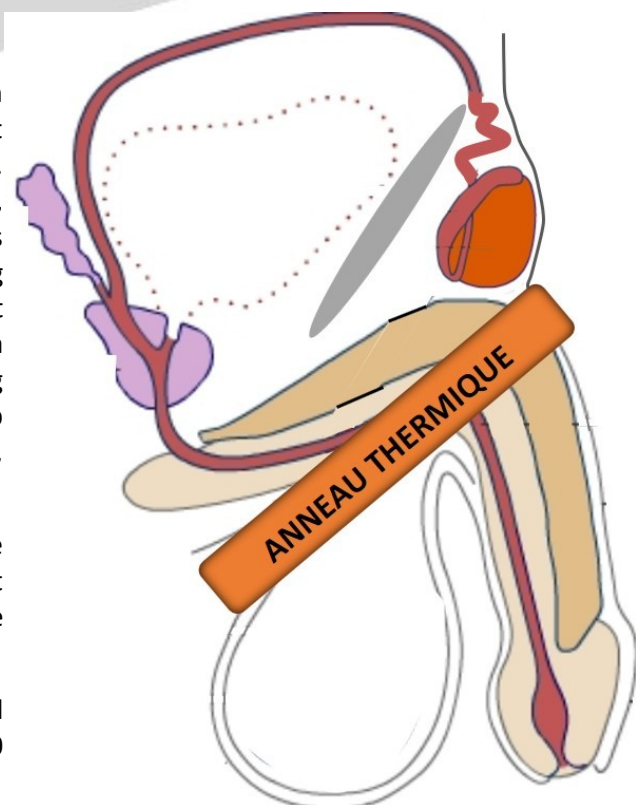
Illustration: OCIRPIL, sous Open Font License (OFL), par Antoine Galigne et Lisa Brossard

Placement

Wash your hands. Wash the thermal ring with a gentle soap and lukewarm water, then rinse it and tap it dry with a clean towel or soft cloth. Insert the penis into the thermal ring. Then, gently slide the scrotal skin until it is completely inserted into the ring and the ring is in contact with the pubis (the area just above the penis) and the perineum (the area between your anus and scrotum). Lacking space, the testes will then naturally move up into the inguinal sac, at the root of the penis, where they will enter a heating phase.

It is absolutely necessary to check that the testicles are in the inguinal sac with a light palpation. That is, that they are above the thermal ring.

The qualities of the platinum-catalysed silicone, certified biocompatible (ISO 10993-10



Skin Safe), the shape of the thermal ring and the structure of its internal side create a push-up effect that allows the testes to be held upwards so they cannot settle back down into the scrotum. You can wear any standard underwear with the ring on.

Wash your hands.

The device is correctly placed if the testes are held up as shown on the illustration.

Removal

Wash your hands.

Gently slide the thermal ring to take it off.

Wash the thermal ring with a gentle soap and lukewarm water, then rinse it and tap it dry with a clean towel or soft cloth.

Wash your hands.

Note:

The thermal ring has an internal and external side. **The internal side is uneven and presents specifically designed bumps** They create a **non-slip** effect which will keep the device from slipping and a **breathable** effect to evacuate moisture.

When putting the thermal ring on and taking it off, you won't need to touch the testicles directly. When placing the ring, they naturally move upwards for lack of space. When removing the ring, they naturally slide back down from the inguinal sac to the scrotum. It can be placed and removed in any positions.

If you accidentally let a testicle slide into the thermal ring, gently remove the device and start over.

You do not need to shave to be able to wear the ring. Its release internal surface and the qualities of the silicone we use are specifically designed to adapt to you.

To get acquainted with the testicular lifting protocol with the thermal ring, please refer to the document entitled "Instructions for use: PLACEMENT & REMOVAL ANDRO-SWITCH" which can be downloaded free of charge here:

<https://www.fichier-pdf.fr/2018/09/25/mode-demploi-pose-et-retrait-dandro-switch/>

First use

If you are using the thermal ring for the very first time, it is advised to start out following the steps below:

Day 1 and 2: 2 hours/24 h

Day 3 and 4: 4 hours/24 h

Day 5 and 6: 10 hours/24 h

Day 7 and onwards : 15 hours/ 24 h

Note: The correct use of the thermal ring and the application of the MTC protocol does not guarantee a contraceptive effect from day one.

Caution

Do not use the thermal ring:

- Under the influence of alcohol, narcotics, psychoactive substances and illegal drugs as they may alter your ability to make sound judgements.
- If you suffer from irritation or topical infection of the skin. Please treat them before you start wearing the ring as extended contact between the ring and the skin could aggravate irritations and infections of the skin in the penis, scrotum, groin and pubis areas.
- If your sensitivity in the penis, scrotum, groin or pubis areas is altered, as you won't feel the pain in case there is a problem.
- If you observe a strength decline in the hands, as it will make it difficult for you to place and remove the thermal ring appropriately.

Using other contraception methods in addition to the thermal ring is not contraindicated.

If the thermal ring is correctly installed and if the size fits your morphology, it should stay in place for the whole wearing period.

If you feel that a testicle has moved back down or that the thermal ring has moved, check its position and that of your testicles.

You can urinate, have sexual intercourse, get erections and go about your daily and professional business just like you normally would.

If you have worn the ring longer than 16 hours a day: it is not advised to wear the thermal ring over 16 hours a day on a regular basis. However, it can happen exceptionally and with your general practitioner's approval.

If you have forgotten to wear the thermal ring for one day out of a 30-day period: the thermal ring must be worn every day in order to guarantee its contraceptive efficiency. Start applying the MTC protocol on the following like you usually do.

If you have forgotten to wear the thermal ring more than one day out of a 30-day period: contact your doctor or pharmacist for advice. It is recommended to use an additional contraception method while you make sure you are still below the contraceptive threshold according to the protocol explained in section 3.

In case you feel any pain while wearing the ring: Stop wearing it immediately. Try again a few hours later. If pain persists, contact your doctor or pharmacist for advice.

If you have any other questions regarding the use of this device, ask your doctor or pharmacist for more information.

What are the potential adverse effects?

As for any contraception methods or extended contact of a product with the skin, it can come with adverse effects but not everyone will experience them. If you feel any adverse effect, particularly if the effect is severe and persistent, or if you notice a change in your health that you think could be linked to this contraception method, inform your doctor.

Male thermal contraception & adverse effects

Reversible alteration of the chromatin's integrity & reversible alteration of the number of chromosomes in 2 to 3 spermatogenesis cycles once you stop applying the protocol.

Male thermal contraception & frequent side effects

Reversible testicular volume reduction by a few percent, reversible in 2 to 3 spermatogenesis cycles once you stop applying the protocol.

Thermal ring & adverse effects

No adverse effect was observed while wearing the thermal ring.

Thermal ring & side effects

There can be a risk of infection due to extended contact between the ring and the skin, but no infection has actually been observed.

There can be a risk of itching, especially when removing the thermal ring.

Do not use the thermal ring on swollen or inflamed areas or if you have small lesions in the penis, scrotum, groin and pubis areas.

Stop wearing the ring if you feel any pain or discomfort and contact your doctor or pharmacist for advice.

No increase in the risk of testicular torsion or testicular cancer has been highlighted.

It has however been shown that the the chromatin's integrity of the spermatozoa produced during the 15-hours-a-day heating phase was altered due to exposure to body heat⁸.

Chromatin is the structure inside of which DNA is packed and compacted in the limited volume of the nucleus of eukaryotic cells.

Heat alters the nuclear quality of the spermatozoa that are produced during the 15-hours-a-day heating phase. This is why it is necessary to use an additional contraception method when you start practising MTC and until you have reached the 1 million/ml threshold, which takes a few weeks, but also when you stop practising MTC and until your seminogram results fall back into the 2010 WHO standards, which takes a few months.

⁸ Ahmad G, Moinard N, Lamare C, Mieusset R, Bujan L. Mild testicular and epididymal hyperthermia alters sperm chromatin integrity in men. Fertil Steril. 2012;97:546–53 ([https://www.fertstert.org/article/S0015-0282\(11\)02909-8/pdf](https://www.fertstert.org/article/S0015-0282(11)02909-8/pdf))

Reporting side effects

If you feel any side effects, do mention it to your general practitioner or pharmacist. This also applies to any side effect that is not in this manual.

How to store the thermal ring

Keep this device out of the reach and sight of children.

You can throw it out with domestic waste. This will contribute to protecting the environment.

Thermal ring care

Follow and apply the steps below before you start using this product:

- By taking good care of your ring, you will extend its shelf life.
- Clean the product carefully before and after each use. Scrub the thermal ring with a gentle, fragrance-free soap and lukewarm water, then rinse well with clear water to avoid any irritations caused by residue. Tap it dry with a clean towel or soft cloth.

Reminder: when cleaning the ring, do not use any cleaning agents containing alcohol, petroleum or acetone. Avoid exposing the product to direct sunlight or high temperatures. The product should be stored in a clean and dry environment and contact with plastic materials should be avoided.

Once a month, sterilise the ring using one of the following methods:

Boiling water

This is the oldest method: our grand-mothers used it but it is still up to date.

- Fill a pressure cooker or saucepan
- with water up to three-quarters and let it boil for at least fifteen minutes.
- Soak the product in the water for 5 minutes (if longer it might warp).
- Using a clamp, take it out of the water.

Heat steriliser

There are two systems available.

- The first uses a microwave. It is made of a stand, a container and a lid and is quick and easy to use. Just pour a little water into the container, close the lid and place it the microwave at maximum power. The heating time (from 5 to 20 minutes) depends on the maximum temperature of your appliance, but know that such sterilisers are getting quicker and quicker. The principle is the same as that of a heating chamber, where steam is used for sterilisation. A clamp is usually provided to extract the ring. As long as the lid remains closed, the sterilisation effect will last for 24 hours. Note: do not sterilise several products at once.
- The electric steriliser: it is bulkier than the first option but uses the same principle (steam sterilisation). Sterilisation takes about 10 to 20 minutes depending on the model.

Cold sterilisation

This is the easiest method. You just place the product in a clean container filled with cold water and put a chemical tablet used to sterilise baby equipment in it (it is best to follow the instruction manual). Those tablets are safe for human health and made of sodium hypochlorite. Make sure the product is completely soaked. Sterilising with this method usually takes about 30 minutes. Don't forget to rinse the ring before use.

Storing the thermal ring

The thermal ring should be stored at a temperature below 100°C.

Once you are done using it, carefully clean and dry your thermal ring and store it in a clean and dry place away from light.

Do not expose directly to flames.

Do not store your thermal ring in a plastic bag or an airtight container.

If you follow the cleaning and storing instructions, you will be able to use your thermal ring for several years.

If you notice any changes in the aspect of the material or warping of the thermal ring, or if your ring tears or become sticky, it needs to be replaced.

As time goes by, some stains may appear. This does not mean your thermal ring is not hygienic any more or that its function is altered.

If you wish to remove the stains, soak the thermal ring in a sterilising solution (used to sterilise baby equipment and available in pharmacies). Let it soak for the minimum recommended amount of time and follow the dilution instructions provided by the manufacturer. Rinse thoroughly with clear water. Your thermal ring is ready for its next use.

Lubricants and the thermal ring

Placing, wearing or removing the device do not require the use of a lubricant.

If while using the ring you wish to use a lubricant, it needs to be water-based because the use of a silicone-based lubricant could create an organic surface.

Do not use massage oil or hand cream as a lubricant, as it could damage the product.

Is it normal if my thermal ring smells?

Your thermal ring shouldn't normally have a strong smell. The thermal ring may develop odours if:

- You keep it on a lot longer than the recommended 15 hours;
- You don't wash it on a daily basis;
- You boil it in a saucepan that had food residue on its surface.

If none of these options apply, you should mention this to your doctor or pharmacist.

To remove the smell:

1. Soak your thermal ring in a sterilising solution similar to those used to sterilise baby bottle nipples, diluted according to the manufacturer's instructions for the minimum amount of time recommended (usually 7 to 10 minutes).
2. Rinse thoroughly with clear water.

Additional information

Material & quality

The annular ring is entirely made out of one of the best qualities of platinum-catalysed silicone, certified biocompatible (ISO 10993-10 Skin Safe). It is flexible and clinically tested for extended skin contact.

Hypoallergenic, latex-free, it does not contain any colouring, BPA, phthalates, plastic, bleaching agents or toxins.

It is strictly intended for personal use.

All technical product information are to be found in the PDF file entitled

DRAGON_SKIN: technical data & certifications

and in the following PDF file:

ANDRO-SWITCH Pack



Package contents and other information

The package contains your ANDRO-SWITCH thermal ring. To lessen the environmental impact of the package, you will be sent an e-mail with the instructions for use as well as any additional information.

SEMINOGRAM (preceded by a 3-day abstinence period)		
SPERM CHARACTERISTICS	STANDARD VALUES (WHO 2010)	STANDARD VALUES (WITH MALE THERMAL CONTRACEPTION)
VOLUME	> 1.5 ml	> 1.5 ml
<u>NUMERATION</u>	> 15 million/ml (infertility threshold)	<u>< 1 million/ml</u> <u>(contraception threshold)</u>
PROGRESSIVE MOTILITY (A+B)	> 32%	< 10%
VITALITY (MOTILITY ONE HOUR AFTER EJACULATION)	> 58%	< 40%
NORMAL MORPHOLOGY OF THE SPERMATOZOA	> 4%	< 4%

Manufacturer

Thoreme

contact@thoreme.org

This user manual was last revised on 29 July 2020.

