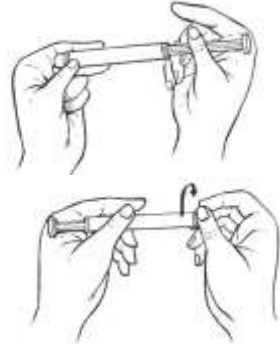


MTN-033 Gel Use Instructions



Tear open the wrapper.

Remove the applicator and plunger. The applicator is prefilled with gel.



Place the small end of the plunger in the hole at the back end of the applicator barrel (opposite the cap).

Remove the blue cap from the end of the barrel.



Tear open the lubricant packet provided by the study staff and apply a small amount to the tip of the applicator barrel.



Hold the applicator with your thumb and middle finger on the applicator about halfway along the applicator barrel.



Choose a comfortable position for inserting the applicator (e.g. standing, lying on your side, or on your back)

If you are standing: Separate your legs while kneeling or squatting to allow good access to your anus. Use one hand to guide in the applicator tip by reaching around/behind you.

If you are lying on your back: Lie on your back with one knee bent. This should allow good access to your anus from below.



Insert the lubricated applicator barrel tip into the anus, slowly and gently.



Once the tip is inserted into anus, gently slide the applicator further into the rectum until your thumb and middle finger touch your body (about halfway along the applicator or 2-3 inches).

While holding the applicator in place with your middle finger and thumb, use your index finger to push the plunger all the way into the applicator barrel. Push the plunger until it stops.

After the plunger has been pushed all the way into the applicator barrel, gently slide the applicator out of the anus.



Dispose of the wrapper, applicator and blue cap.