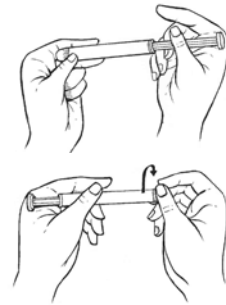


## HOW TO USE THE GEL: Vaginal Insertion



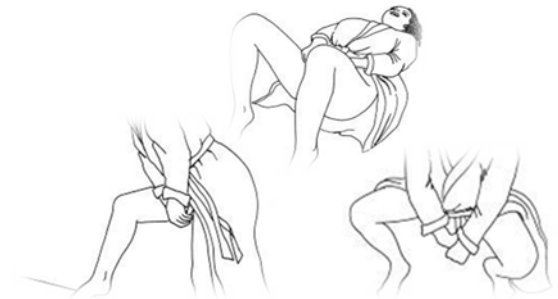
- Tear open the wrapper.
- Remove the applicator and plunger. The applicator is prefilled with gel.



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



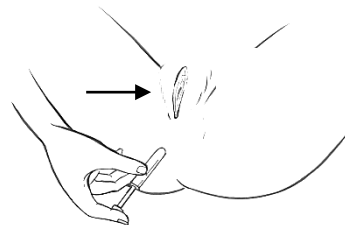
- Hold the applicator with your thumb and middle finger on the applicator about halfway along the applicator barrel.



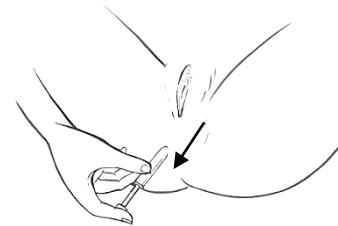
Choose a comfortable position for inserting the applicator (for example standing with one leg raised, squatting with your feet apart, or lying on your back with your knees apart.)



- Fold back the skin that covers the opening of your vagina with your other hand.
- Gently slide the applicator into your vagina as far as it will go comfortably or until your fingers touch your body. The plunger should stay outside your body.



- While holding the applicator in place with one hand, push the plunger all the way into the applicator with the other hand. Or, while holding the applicator in place, use your index to push the plunger all the way into the applicator.



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



- Dispose of the wrapper, applicator and blue cap.

# HOW TO USE THE GEL: Vaginal Insertion

## **Insert one dose of gel (one applicator) into the vagina**

- Insert one dose around the same time each day
- It is important that you don't miss any doses
- If you forget a dose, insert the gel as soon as you remember
- If you forget a dose, and your next dose is due within 6 hours, skip the missed dose
- Do not take more than 1 dose in a day

## **Avoid practices that could cause discomfort**

- Do not force the applicator into the vagina
- Do not wash or wipe off the applicator
- Always practice safe sex. Use a condom when having any type of sex

**\*Rectal and Vaginal Tissue Subset Only: Do not insert anything in your rectum and vagina including gel for 72 hours after biopsies\***

## **Keep all gel applicators in your possession**

- Do not remove labels from the applicator overwrap or the bag containing the applicators
- Keep the gel in a safe place
- Keep the gel out of reach of children
- Store at room temperature
- Keep the gel in its original wrapper until it is time to use
- Do not use the gel if the wrapper is open or seems broken or any part of the applicator is missing

**Used OR dirty gel applicators should be properly disposed of in the trash can or brought back to the clinic to be disposed of.**

## **Do not share your gel applicators with other people**

- Use only the gel assigned to you
- Return all remaining unused applicators to the study staff at your next visit

## **The study staff is here to help and support you. Please contact study staff if you have:**

- Any question or concerns
- If you think you are going to run out of gel
- Problems using the gel
- New symptoms or worsening of any continuing medical symptoms