

Instructions for use

Please read through the instructions for use carefully before starting to use your cones. They will explain how you should choose your **starting cone**, how to insert a cone into your vagina, and how you should progress through the set of cones in order to increase your pelvic floor strength gradually and steadily. You might not need to use all five cones in the series to reach your optimum pelvic floor strength. It is also advisable not to continue using the cones during menstruation, as they are more difficult to manage when you have a menstrual flow.

Please wash your hands as well the cone you are using, before and after use, and dry with a clean towel after. Use ordinary tap water and a mild fragrance-free soap. Do not sterilize the cones using boiling water, alcohol, or any other cleaning agent, as the cones could become damaged.

I. HOW TO CHOOSE YOUR STARTING CONE

The first time you use the LadySystem® cones, start with the No.1 cone (the lightest). Insert it gently into the vagina like a tampon, with the cone tip and the nylon cord pointing downwards. You can moisten it with a little water or a touch of water-based lubricant to ease its insertion. Adopt a standing position next to a wall or other suitable support, with your legs slightly apart, and gently insert the cone into your vagina. The cone should be in a nearly vertical position, with the nylon cord maintained downwards and mainly outside your vagina.

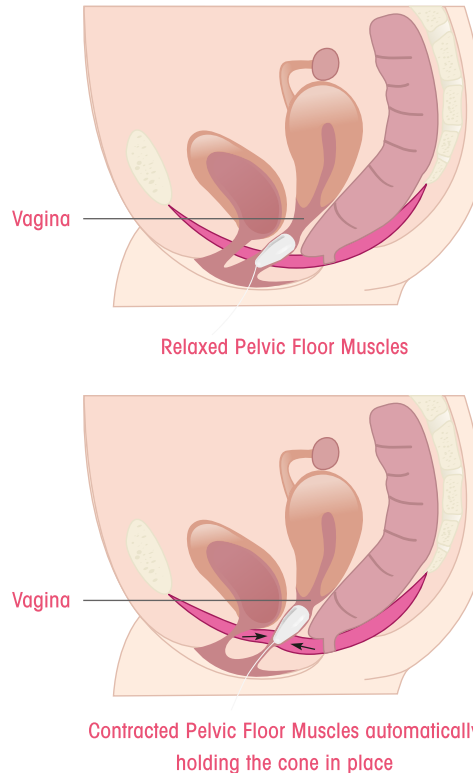
Push the cone inwards into the vagina gently with a finger, while keeping the cord outside. Once you have introduced it as far as you can with your index or middle finger, remove your finger and the cone will find its own natural position. You should hardly feel its presence. If it starts to slip out, then just introduce it a little further in, just as you would a tampon until it stays in place on its own.

Try walking around, and if the cone stays in place and does not slip out at all, then the No.1 cone may be too light for you. Take it out by tugging downwards gently on the nylon cord until it slips out into your hand. Then try using the No. 2 cone in the same way, and continue through the cones until you reach a cone which you are comfortably holding in, but which feels like it could slip out. If you can walk around while making a slight effort to hold it in, and the cone stays inside then this is the correct starting cone for you. **You should start your daily exercises with this number cone.**

II. STARTING LADYSYSTEM® THERAPY

1. Insert your starting cone as explained above. Then try walking around and continuing with your normal daily activities. It is probably a good idea to wear underwear until

you are accustomed to using the cones, in case the cone slips out unexpectedly. You should also remove the cone if you go to pass urine, and then re-insert it afterwards.



Keep the cone in your vagina for no more than 15-20 minutes, ensuring that you are in a standing position for most of that time. The cones have no effect if you are sitting, as your muscles are not working to hold it in. At the end of the 15-20 minutes, just remove the cone by tugging gently on the cord, wash and dry it and place it into its case for safe storage. Using the cone for longer periods does not lead to any special benefits or faster improvement in symptoms.

Please note that you may experience a mild ache in the pelvic region when you first start using LadySystem®. This is no more than slight muscle fatigue as might happen with any new exercise you do, and should disappear within a few days. If it does not, please consult with your doctor and tell him or her that you are using LadySystem®.

2. Continue using the same cone twice every day. Using it regularly every day for the full 15-20 minutes will give you the maximum benefit and fastest improvement.

3. After a couple of weeks, or whenever you feel confident that the starting cone is not going to slip out, try using the next number cone in the series instead. Exactly as before, try this cone, and if you can walk around keeping it in with only a little effort, then change to using this new cone for your daily exercise. If you find it is slipping out, then just use the previous cone for a further week, or until whenever you feel comfortable enough to proceed.

4. Continue your gradual progress through the series of cones in this way, always feeling free to go back to a

previous cone if you find that the present cone is a little bit more difficult to hold in than previously. Many women find that they can use one cone in the morning, but need to use a lighter cone in the evening. This is perfectly fine, the important thing is to perform the exercise regularly every day.

5. Once you reach a cone and you find that even after several weeks you cannot progress to the next cone, then you have reached your **optimum cone**. You should simply use this cone for the rest of your 12 week programme.

At the end of that time, most women have reached their optimum pelvic floor strength. From now on, the choice is yours. You can carry on using the cones regularly if you feel that your improvement is continuing, or take a break with the programme. If you decide to stop, it's a good idea to return to using the cones periodically, to check that you can still hold in your optimum cone.

If you find you can't, or if there is any recurrence of your symptoms, just return to doing the exercise following the instructions as above. You should also consult your doctor with regard to any new symptoms.

III. ADDITIONAL INFORMATION

Every user has their own rate of progress, so there is no need to worry if your progress is a little slower than you expected. Also, the success of the therapy doesn't depend on being able to reach the No. 5 cone. Each person has their own optimum pelvic floor strength, and that is what you should aim for. If you reach the end of your 12 week programme but you notice no improvement whatsoever in your symptoms, you should consult your doctor as you may have problems other than, or in addition to pelvic floor weakness.

Also, you should always make sure to ask for a pelvic floor evaluation whenever you go for a routine gynaecological check-up, or if you start to have any new symptoms which cause you concern.

Materials and Manufacture

The materials used in the manufacture of LadySystem® Vaginal Cone Therapy for Pelvic Floor Exercise comply with international standards of pharmacological safety, including United States Pharmacopoeia XXII Class VI (biocompatibility).

Regulatory Status

European Union CE Mark Class 1 Medical Device
United States FDA Registered, Class 1 Medical Device
Health Canada Registered, Class 2 Medical Device

Manufacturer, Licensor and International Trademark Holder

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