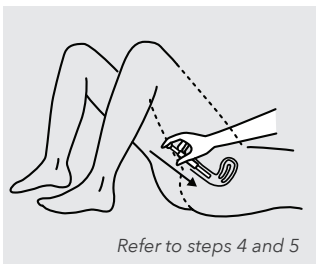
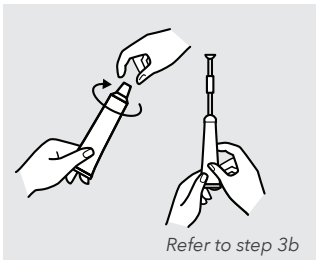
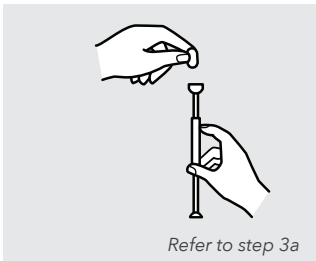
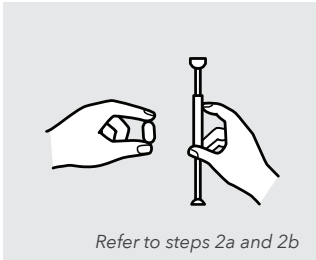


Counselling Checklist

Directions for use of vaginal ovules, tablets and creams



- 1 Wash your hands with soap and water.
- 2 a. Ovules and tablets: Remove the ovule or tablet from the package.
OR
b. Cream: Remove the applicator from the package.
- 3 a. Ovules and tablets: Place the ovule or tablet in its applicator.
OR
b. Cream: Unscrew the tube cap and break its seal with the opposite end of the cap. Attach the applicator to the opened tube and squeeze the tube until the applicator is filled with the required amount. Remove the applicator from the tube and recap the tube.
- 4 Lie on your back with your knees bent, and insert the applicator into the vagina as far as comfort permits.
- 5 Push the applicator plunger as far as it will go, to release the ovule or tablet, or to eject the full amount of cream.
- 6 Remove the applicator from your vagina.
- 8 If applicable, clean the applicator with soap and hot water after each use.