



Conception Kit

Enhancing your opportunity to conceive... the Cap is Key ...because getting pregnant involves more than timing.

How To Use The Conception Kit™

General Instructions

1. Identify your best day to conceive, using the LH surge ovulation predictors provided with the Conception Kit™. The day after your LH surge is the best to become pregnant.
2. Have sex normally, using the non-latex semen collector and, if you wish, a sperm-friendly intimate moisturizer sample inside the Conception Kit™.
3. Immediately after sex, remove the semen collector from the penis and squeeze the semen into the Conception Cap.
4. Place the Conception Cap over the cervix for six to eight hours, or overnight.
5. After eight hours, remove the Conception Cap. Avoid choking hazards for children and pets by discarding the Conception Cap immediately after use. Place the Cap back into its tray and into the box before throwing it away.
6. At the end of your monthly cycle, use the pregnancy test kit to determine if you were successful.

The Conception Journal is provided to give instructions and helpful hints on what you can do to enhance your chances of conception. The Conception Journal includes two charts that help you develop a detailed record of your cycle and medications taken during your cycle. The charts can be useful tools for your doctor to review if you need further assistance later on.

The Conception Wheels will help in timing conception and planning a pregnancy.

The Health Care Provider Note is designed to let your medical provider know that you're trying to conceive. Pregnancy may involve serious health risks. Your health care provider needs to know that you are trying to conceive.

To use the Conception Cap correctly you will need a good understanding of the female body and where the cervix is located. How to find your cervix is explained in the Conception Kit's Instruction for Use Manual.

Do not insert the Conception Cap for practice. Practicing insertion prior to actual use can cause a hostile environment within the cap that could impede pregnancy.

The normal number of attempts required to conceive will vary from couple to couple. If you have not become pregnant after using the Conception Kit for six months (two kits), you should consult your medical provider. Make sure to take your Conception Journal to the medical appointment. Your personal charts in the Journal will be invaluable if you need to seek further medical assistance.

Your medical provider may wish to test your partner's sperm count and motility. He or she may prescribe medication, such as Clomid®, in conjunction with continued use of the Conception Kit.

Detailed Instructions



1.) Have sex normally using the special non-latex semen collector and, if you want to, a sperm-friendly intimate moisturizer sample is provided.

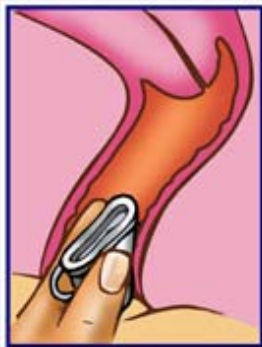
2.) After sex, squeeze the semen from the collector into the Conception Cap.



3.) Pinch the Cap together.



4.) Insert the Conception Cap into your vagina.



5.) Place it upon your cervix.



6.) Leave the Conception Cap in place for at least six to eight hours, or overnight. While it is on your cervix, you can move about normally. If placed onto your cervix properly, the Conception Cap will not fall off.

Removing the Conception Cap is easy.



Simply pull on the loop with your finger.

For more information go to the website at www.conceptionkit.com

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