

Individuals Using Pre-Seed lubricant While Trying to Conceive:

Consult a healthcare professional if you have not become pregnant after 12 months of product use.

QUALITY ASSURANCE:

Each lot of Pre-Seed Lubricant is tested to ensure the following:

Test	Specification
pH	7.0 – 7.4
Osmolality (ion concentration)	260 – 370 mOsm/kg

INGREDIENTS:

Purified Water, Hydroxyethylcellulose, Pluronic, Sodium Chloride, Sodium Phosphate, Carbomer, Methylparaben, Sodium Hydroxide, Arabinogalactan, Potassium Phosphate, Propylparaben

WARNINGS:

- Pre-Seed lubricant is not a contraceptive. It does not harm sperm or interfere with their function.
- Keep out of reach of children.
- Do not use if quality seal on the tube is broken; instead, return contents to place of purchase.
- Pre-Seed lubricant is extremely slippery; clean up any spills immediately.
- Do not use product if active infection or vaginal trauma is present.
- DO NOT USE AFTER EXPIRATION DATE. Expiration date can be found on the tube crimp and the outside of the carton (4-number year and 2-number month).



CAUTION: If application of Pre-Seed lubricant causes irritation or discomfort discontinue use of the product. If symptoms persist, contact a healthcare professional.

CLINIC USES: Pre-Seed is also used to lubricate vaginal tissues to facilitate entry of diagnostic or therapeutic devices, including those used in fertility interventions. Prior to insertion, Pre-Seed can be applied directly to the device or deposited intravaginally using the applicator. Use of Pre-Seed is appropriate for use in fertility interventions, including:

- Intrauterine insemination
- In vitro fertilisation
- Transvaginal oocyte collection
- Embryo transfer

Remove seal from tube before initial use. If sterilised product is desired, please follow the instructions for sterilisation. Enclosed applicators are not sterile and should not be used when sterile product is desired.

With Applicator: Prior to insertion of the instrument, fill one of the enclosed applicators with the desired amount of Pre-Seed and insert into the vagina.

Do not store Pre-Seed in applicator for more than 30 minutes prior to use.

Without Applicator: Apply desired amount of Pre-Seed to instrument and/or genital area. Vary amount to achieve desired lubrication.

Validated Instructions for Sterilisation:

1. Moist heat/steam sterilisation is the preferred and recommended method for Pre-Seed
2. Using aseptic technique, transfer desired quantity of lubricant to a steam-compatible container (e.g., conical centrifuge tube of polypropylene or borosilicate glass). Do not fill the container to more than 75% of capacity to allow room for expansion. Place cap on container, but do not tighten. The cap must be loose to ensure proper sterilisation and to prevent damage to the container.
3. The recommended steam sterilisation parameters are as follows:

Steriliser Type	Temperature	Full Cycle Time
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- | | | |
|---------|-------|------------|
| Gravity | 121°C | 30 minutes |
|---------|-------|------------|
4. Remove the container from the autoclave. Once the container has cooled, tighten the cap.
 5. Regularly test the efficacy of steam autoclave as recommended by the equipment manufacturer or local regulations. Steriliser manufacturer recommendations for operation and load configuration should be followed explicitly.



IMPORTANT: The applicators are single use only. Dispose of each applicator after use. DO NOT REUSE APPLICATOR. If additional lubrication is needed, use a new applicator or apply by hand. No patient data are available regarding viable pregnancies or birth outcomes in patients using this product.

Visit us at preseed.com to learn more.

Made in USA.



Church & Dwight UK Ltd.,
Wear Bay Road, Folkestone,
Kent CT19 6PG
United Kingdom
Tel: 0800 121 6080

Rev: 11-2017



Church & Dwight Co., Inc.
Ewing, NJ 08628, USA



Most women will experience occasional vaginal dryness at some point, which can cause discomfort during intimacy. When women are trying to conceive (TTC), this dryness can increase as a couple transitions from lovemaking to “baby-making,” with scheduled intercourse around fertile time. Unfortunately, other common lubricants can be toxic to sperm and should not be used when you are ready to conceive.

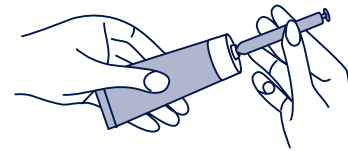
Pre-Seed Fertility-Friendly Personal Lubricant is specially designed for use when trying to conceive. Its unique moisture is balanced to match the fertile fluids naturally made by your body. Pre-Seed lubricant can best mimic and supplement these natural fluids when it is deposited inside the vagina near the cervix before intercourse, using the applicators included in the box. Pre-Seed lubricant can also be applied externally to the genital area using your fingers.

PERSONAL USES:

Pre-Seed lubricant supplements the body's own natural lubricating fluids to moisturise, relieve friction and to enhance the ease and comfort of intimate sexual activity. Pre-Seed lubricant is safe for use by couples who are trying to conceive and may be applied to vaginal or penile tissues for lubrication and moisturisation. It is compatible with latex and polyurethane condoms.

Directions for Using Pre-Seed lubricant with Disposable Applicators:

1. Remove seal from tube before initial use.
2. Pre-Seed lubricant can be applied prior to starting intercourse. Inserting it before intercourse allows the moisture to disperse throughout the vagina and offers more spontaneity. Many women apply Pre-Seed about 15 minutes before intercourse.
3. With the plunger pushed all the way in (closed) twist the applicator onto the tube along the threads of the tube (see picture).

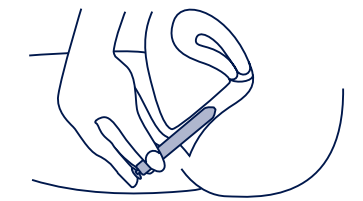


4. Gently squeeze the bottom of the tube to force lubricant into the applicator and continue squeezing until the plunger moves up and the applicator is filled to the level you want. Do not draw the plunger back to fill the applicator. Most women will choose the 2 or 3 g fill line to meet their needs. Then, untwist the applicator from the tube. Be sure and keep the open end of the applicator upright until it is inserted in the vagina, so that product is not spilled.
5. After each use, firmly replace the cap and roll up the tube from the bottom. **Do not leave the tube uncapped between uses.**
6. **Do not store product in the applicator for more than 30 minutes prior to use.** This means if you draw product into the

applicator but do not insert it inside the vagina within 30 minutes, the unused product needs to be discarded and the applicator thrown away.

7. To apply Pre-Seed lubricant, gently insert about half the length or more of the applicator into the vagina. This can be done while standing, lying down or sitting (such as on the toilet). If the applicator is difficult or uncomfortable to insert, pull it back to the vulvar opening and redirect the applicator more to the centre of the vagina. Usually this will mean pointing the applicator more toward your back as you insert it. You can also use your fingers to apply some product from the tube directly to your external genitalia to help ease applicator insertion.

8. Once inside the vagina, hold the barrel of the applicator in place and slowly push the plunger all the way in to release the lubricant into the vagina (see picture).



9. Remove both parts of the applicator from the vagina.

In order to get the right amount of moisture for your body, bear down slightly after depositing the product. This will expel any excess Pre-Seed that your body does not need. If desired use a tissue to lightly wipe off any extra product that is on the vulva

10. Each applicator is intended for a single use. Discard the applicator following use. **DO NOT REUSE APPLICATORS.**

If this application method doesn't provide enough moisture, we suggest you apply product inside the vagina (as shown) while lying down in bed, IMMEDIATELY before intercourse. You may also want to squeeze a small amount of product from the tube onto your fingertips, and apply directly to external genitalia.

If this application method provides too much moisture for you, apply the product earlier before intercourse (e.g., up to an hour); apply fewer grams of product (1-2 g); or wipe off the vulva area with a tissue after applying the product inside the vagina.

Directions for Using Pre-Seed lubricant Externally:

1. Remove seal from tube before initial use.
2. Squeeze a small amount of product (teaspoon) onto your fingers and apply to genital area. Vary amount to achieve desired lubrication. The product's mild ingredients may require you to apply a bit more initially than you might with other products, in order to saturate the skin and provide longer lasting lubrication.

Directions For Using Pre-Seed with Condoms

For use with condoms, apply Pre-Seed directly from the tube. Add a small amount of Pre-Seed to the penis prior to condom use followed by application to outer condom surface. For semen collection, only polyurethane condoms should be used.