

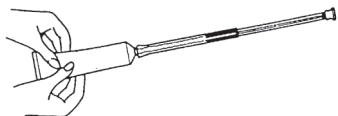
# Gynest Vaginal Applicator

Gynest Vaginal Applicator should be used in the vagina of adult women. Always use this Applicator exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

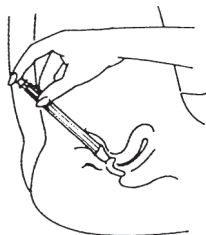
Gynest Vaginal Applicator is designed to be screwed on to the Gynest<sup>®</sup> tube. It will help you to put the right amount into your vagina.

## Directions for using Gynest Vaginal Applicator 5cc, measured dose

1. Remove the cap from the tube. Use the top of the cap to pierce the metal seal on the tube
2. One end of the applicator has a plunger. Screw the other end of the applicator onto the tube
3. Squeeze the tube so that the applicator barrel is completely filled. This will push the plunger out



4. Unscrew the filled applicator and replace the cap on the tube
5. Lie down with your knees bent and spread apart
6. Gently insert the open end of the applicator well into your vagina
7. Push the plunger firmly but gently. Empty into your vagina by pushing the plunger as far as it will go



8. Keep the plunger firmly pressed down. Grip the applicator by the barrel and remove the empty applicator
9. Wash your hands afterwards
10. Use a sanitary towel to stop your clothes getting stained

## Cleaning the applicator after each use:

After each use:

- Pull the plunger out of the barrel with a sharp tug
- Clean with mild soap and warm water (not boiling water)
- Rinse well



## Putting the applicator back together

- Put the tip of the plunger back into the barrel. Push the plunger firmly

If you lose or break your applicator you can get a new one from a pharmacist. Ask for the Gynest Vaginal Applicator.

This leaflet was last approved in January 2010

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