

Collatex™

Contraceptive Sponge

Your Personal Guide

Please read completely and carefully before you start.

WHAT IS COLLATEX?

Collatex is a simple, safe contraceptive composed of a pure polymer which forms the sponge structure of the device, and a commonly used spermicide which slowly releases during use. In the shape of a flattened ball, it has a diameter when wet of about two inches (5.5cm). A small loop of woven material is molded into Collatex to aid in removal.

WHAT DOES COLLATEX DO?

Like a diaphragm, the Collatex Contraceptive Sponge prevents the male sperm from entering the uterus and fertilizing the female ovum.

Collatex does this three ways: (1) It covers the cervix, which is the tiny opening to the uterus, (2) It acts like a sponge to soak up and trap male sperm, and (3) It slowly releases a spermicide which stops the sperm. Collatex can absorb many times its weight in fluid. It is, in fact, more absorbent than a menstrual tampon.

WHEN SHOULD YOU USE COLLATEX?

Always during intercourse. Collatex should be inserted before intercourse and not removed until at least 8 hours after intercourse. It should not, however, be left in once your period starts, for menstrual fluid can cause odor in the sponge-like substance.

SHOULD COLLATEX BE REMOVED BETWEEN PERIODS?

For you to feel completely fresh and feminine, Collatex should be regularly removed for cleansing. It should, however, **BE LEFT IN PLACE AT LEAST 8 HOURS AFTER INTERCOURSE**, since sperm can stay alive and active in the vagina for several hours.

To prevent odor caused by natural chemicals in male semen, Collatex should be removed and washed no later than one day after intercourse.

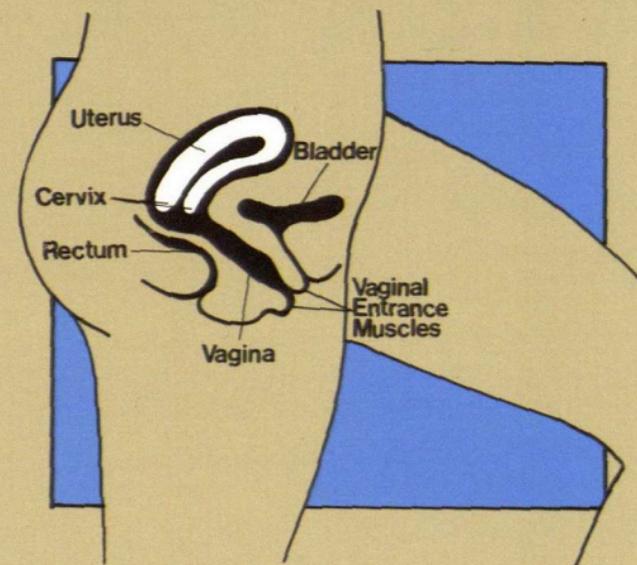
To clean Collatex, simply wash in lukewarm water. Do not use soap. After cleansing, Collatex can be reinserted or stored in its package where it will dry until you wish to insert it again. Do not douche with Collatex in place.

HOW DO YOU USE COLLATEX?

Learning to use Collatex is as easy as learning how to use a menstrual tampon. But just like the first time you used a tampon, it may require a little practice. The following instructions will explain the correct use of Collatex and should answer most of your questions about this new, but old, birth control method. (Use of absorbent vaginal tampons was first recorded in an Egyptian papyrus around 1550 B.C.) Since the effectiveness of any contraceptive method depends on proper use, it is essential that Collatex be used exactly as described. Improper or irregular use can result in pregnancy. Please be sure to tell your physician or clinic staff of any instances when you think you did not follow the instructions exactly.

HOW DO I START?

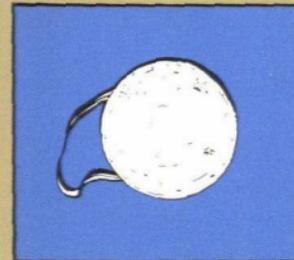
The best way to start is by becoming thoroughly familiar with your own anatomy. To do this, let's first locate your cervix. Start by spreading the opening of the vagina with your thumb and forefinger.



Now with the third finger of the opposite hand reach into the vaginal canal until you find a slightly bulbous protrusion in the upper vagina. It will feel a little like the end of your nose and will be firmer than your vaginal walls. This is your cervix. When in position, Collatex will completely cover this small entrance to the uterus.

HOW DOES COLLATEX WORK?

Now let's examine Collatex. Remove it from the moisture-proof package; feel the softness. This sponge-like property protects you by absorbing the sperm and by conforming to the size and shape of your vagina, thus eliminating gaps through which sperm can pass to enter the uterus. Collatex is ready for insertion when it is damp and soft. Should it dry out by being exposed to the air, it will shrink to about one-half its normal damp size. If this happens, simply wet Collatex with luke warm water, and hand squeeze the excess water from Collatex until it is just



damp. NOTE: the foamy suds which will appear when you squeeze Collatex are normal and due to the spermicide. Continued use of Collatex and repeated washings will eventually remove this spermicide; therefore, each Collatex sponge should be used for only one month and then discarded.

Now that you know about Collatex's unique features and your own anatomy, you're ready to begin. The key to proper insertion is to relax and take your time. If you're nervous or hurried, the muscles at the opening of the vagina tend to contract and make insertion unnecessarily difficult.

Now turn to opposite side of booklet and follow the easy step-by-step instructions.

NOW YOU ARE READY TO USE COLLATEX

STEP 1

Remove Collatex from its package. If it is damp and soft it is ready to insert. If it has dried out, moisten it in lukewarm water and squeeze excess water from Collatex until it is just damp.

STEP 2

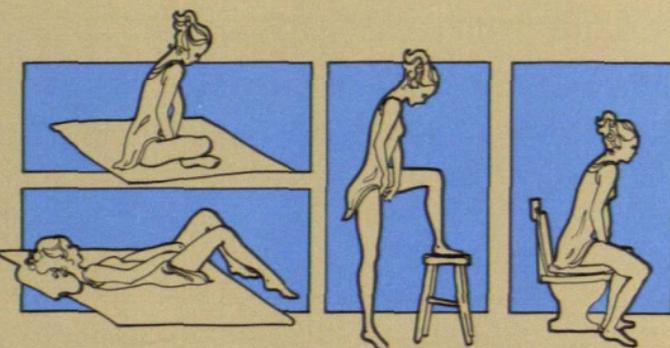
Grasp Collatex between two fingers with the removal loop towards the palm of your hand.

STEP 3

Now sit on toilet seat with legs apart, or place one foot on toilet or chair, or lie on your back with knees bent and apart . . . whichever seems most natural and comfortable for you.

STEP 4

With your other hand spread the vaginal opening.



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STEP 5

Place the sponge into your vagina, making sure the removal loop goes in last, and slide Collatex in as far as possible using one of your fingers.

STEP 6

Test for proper placement by using your finger to make sure that the cervix is completely covered by Collatex and that you can feel the removal loop.

HOW SHOULD COLLATEX FEEL WHEN IT IS IN PLACE?

Women discover that they do not feel Collatex at all. When properly placed, you can walk, sit, stand, swim, exercise and perform any normal activity in complete comfort, unaware of its presence.

HOW DO YOU REMOVE COLLATEX?

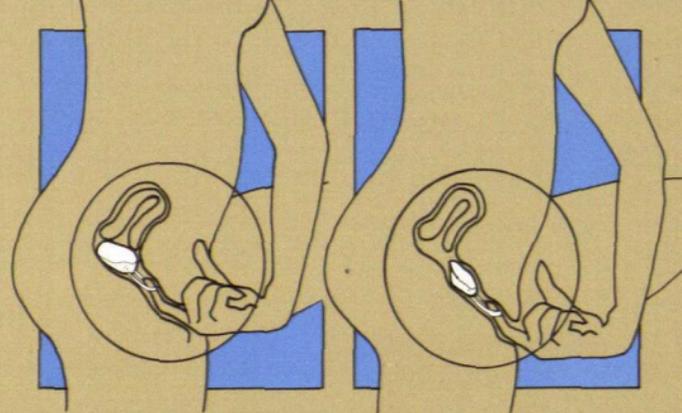
Find the removal loop and simply pull Collatex out gently and slowly following the direction of the vaginal floor.

If you find it difficult to reach the loop with your finger, it helps to contract and push down with your abdominal muscles. As Collatex passes down the vagina, it slims itself to easily pass by the constricting muscles at the vaginal entrance.

FREQUENT QUESTIONS FROM FIRST-TIME USERS

Q. "When is the best time to clean Collatex?"

A. Many women have found it convenient to wash Collatex as part of their hygiene routine. While sitting cross-legged in the tub, or standing in a squatted position in the shower, you can remove Collatex, wash it in the lukewarm water and reinsert. Be sure not to use soap. NOTE: 3 to 4 rinses are enough; suds will appear even though the sponge is clean.



Q. "How old must I be to start using Collatex?"

A. Any girl who can use a menstrual tampon easily and without discomfort can use Collatex. If insertion proves to be repeatedly difficult, you should consult your physician.

Q. "Should I use a contraceptive jelly or cream with Collatex?"

A. No. Collatex has an effective spermicide included in the sponge material. This spermicide, the same type used in common contraceptive jellies and foams, releases slowly in the vagina and is therefore available to stop the sperm without any preparations or additional drugs required.

Q. "Sometimes my vagina feels dry after inserting Collatex. What should I do?"

A. Since Collatex is highly absorbent it can absorb some of the lubricating vaginal fluids which are secreted during intercourse. Thus, you may wish to use a vaginal lubricant just prior to intercourse. This may be purchased without prescription at your local pharmacy.

Q. "Can my partner feel Collatex during intercourse?"

A. Collatex is made soft and pliable just like you. When properly positioned, Collatex cannot be felt by either partner and will in no way interfere with sexual pleasure. Some wearers of Collatex, however, have reported a "fullness" sensation with deep penetration. But this is not unusual because Collatex occupies some of the space in the upper vagina.

Q. "Can Collatex get lost or drop out?"

A. It will do neither. The cervical opening from the vagina to the uterus is far too small for Collatex to enter. And it can't drop out because the constricting muscles at the vaginal opening hold it in place until you guide it out with your fingers or by gently pulling

on the removal loop. Some users have, however, reported Collatex moving down to the vaginal opening after straining during a bowel movement. Should this happen, simply remove Collatex completely and reinsert.

NOTE: If you have any questions, contact the clinic or physician from whom you obtained this Collatex contraceptive. If you notice any irritation, soreness, or discharge in your vagina while using Collatex, stop using and notify the clinic or your physician immediately.

IMPORTANT: Collatex has not yet been proven to be an effective birth control product. How it compares with other contraceptive methods is now being determined by worldwide testing in many countries by women like yourself. Until the results of this testing become available (during 1978), the risk of pregnancy while using Collatex must be considered to be unknown. Any delay in your menstrual period may be an early sign of pregnancy. Should this occur, by all means see your physician or the clinic as soon as possible after your missed period.

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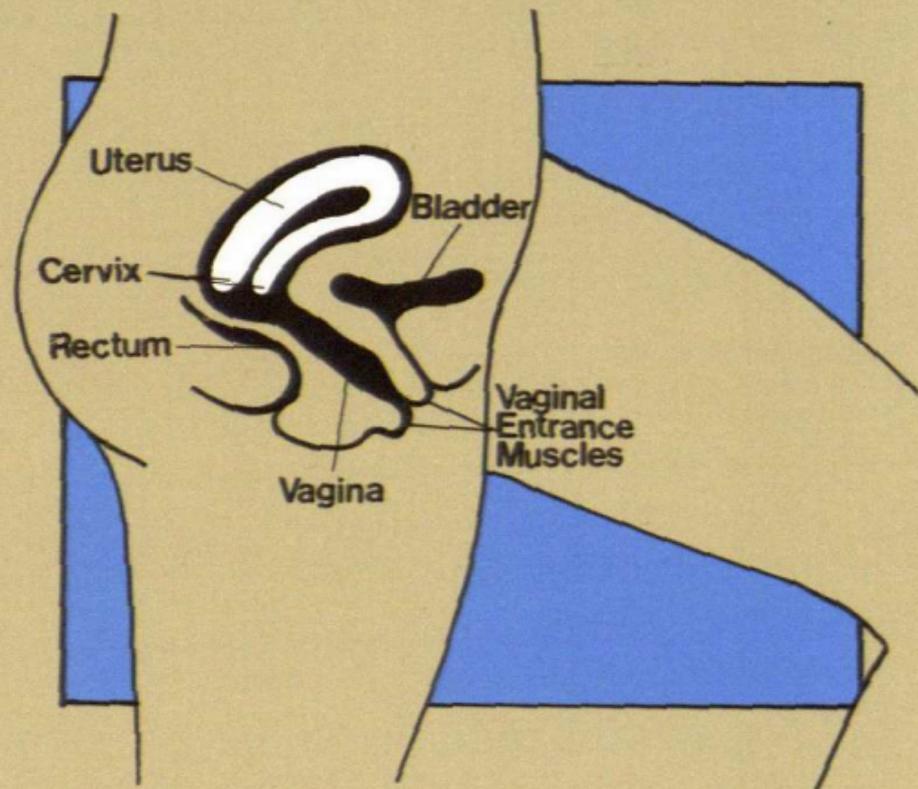
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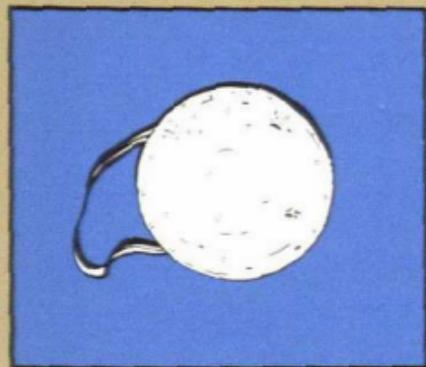
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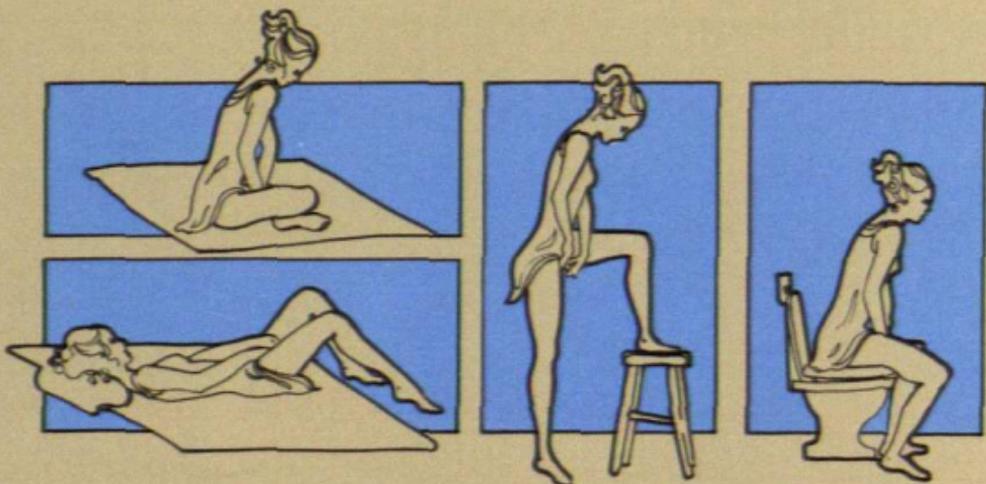
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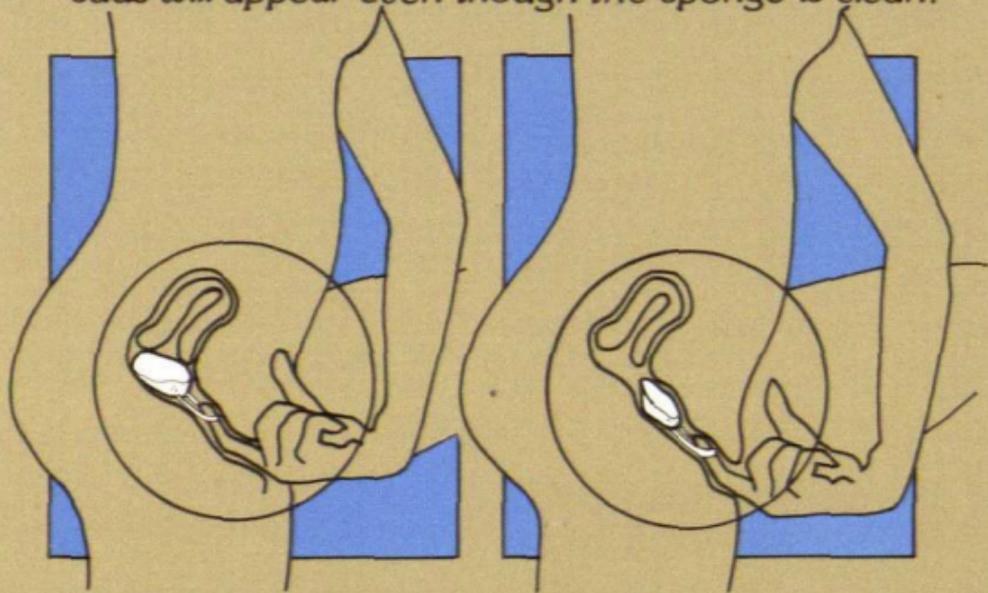
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