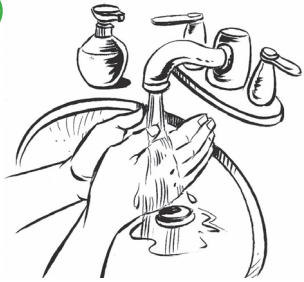
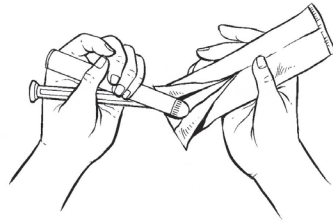


1



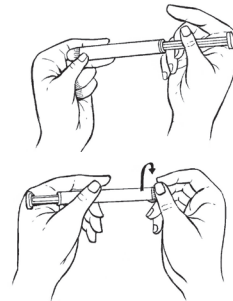
- Wash your hands with soap and water.

2



- Tear open the wrapper.
- Remove the applicator and plunger. The applicator is prefilled with gel.

3



- Place the small end of the plunger in the hole at the back end of the applicator barrel (opposite the blue cap).
- Remove the blue cap from the end of the barrel.

4



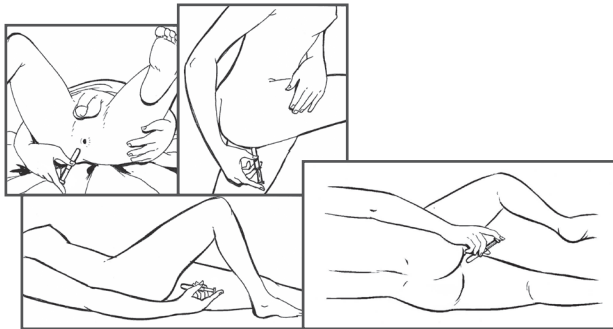
- Tear open the lubricant packet provided by the study staff and insert the applicator so the outside is covered with lubricant.

5



- Hold the applicator with your thumb and middle finger on the applicator about half-way along the applicator barrel.

6



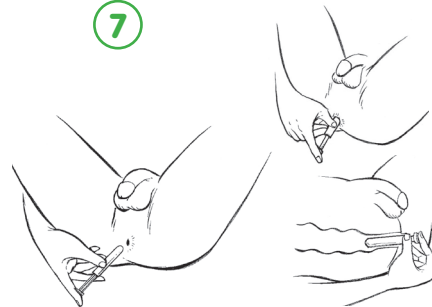
**Choose a comfortable position for inserting the applicator (e.g. standing, lying on your side, or on your back)**

**If you are standing:** Separate your legs while kneeling or squatting to allow good access to your anus. Use one hand to guide in the applicator tip by reaching around/behind you.

**If you are lying on your back:** Lie on your back with one knee bent. This should allow good access to your anus from below.

**If you are lying on your side:** One leg should be bent up toward the chest. Use one hand to guide in the applicator tip by reaching around behind you.

7



**Insert the lubricated applicator barrel tip into the anus, slowly and gently.**

- Once the tip is inserted into anus, gently slide the applicator further into the rectum until your thumb and middle finger touch your body (about halfway along the applicator or 2–3 inches).

8



**While holding the applicator in place with your middle finger and thumb, use your index finger to push the plunger all the way into the applicator barrel. Push the plunger until it stops.**

- After the plunger has been pushed all the way into the applicator barrel, gently slide the applicator out of the anus.

9



- Dispose of the wrapper, applicator and blue cap.

**1. Insert two separate doses of gel into the rectum when you anticipate having anal sex as per the instructions below**

- Insert first dose (one applicator) into the rectum within 12 hours before you anticipate having anal sex
- Insert second dose (one applicator) into the rectum as soon as possible within 12 hours after you have anal sex
- If you insert one dose (one applicator) before you anticipate having anal sex, and sex does not happen, insert a second dose (one applicator) at any time up to 24 hours after you inserted the first dose
- If you did not or will not have sex during the entire week (7-days):
  - Ensure a minimum of two separate doses are inserted within a 24 hour period each week
  - Insert one dose (one applicator) into the rectum in the evening of the 6th day
  - Insert a second dose (one applicator) into the rectum within 12 hours after you inserted the first dose
- Do not take more than 2 doses in a day (24-hour period) even if you have anal sex more than once

**2. Avoid practices that could cause discomfort**

- Do not insert the applicator without lubricant. Inserting a dry applicator may cause discomfort
- Do not force the applicator into the rectum
- Do not wash or wipe off the applicator
- Always practice safe sex. Use a condom when having any type of sex
- **Rectal Biopsy/Fluid Subset Only: Do not insert anything in your rectum including gel for 72 hours after biopsies are taken.**

**3. Keep all gel applicators in your possession**

- Do not remove labels from your cartons
- Keep the gel in a safe place
- Keep the gel out of reach of children
- Store at room temperature
- Keep the gel in its original wrapper until it is time to use
- Do not use the gel if the wrapper is open or seems to be broken or any part of the applicator is missing
- Used OR dirty gel applicators should be properly disposed of in the trash can or brought back to the clinic to be disposed of

**4. Do not share your gel applicators with other people**

- Use only the gel assigned to you

**5. Return all remaining unused applicators to the study staff at your next visit****6. The study staff is here to help and support you. Please contact study staff if you have:**

- Any question or concerns
- If your supply starts to run low
- Problems using the gel. Do not change how much you are taking or stop using the gel without first talking with study staff
- New symptoms or worsening of any continuing medical symptoms