



- Insert KeyGal into the vagina (widest part first, with the tail visible outside the vaginal entrance if you are using it lying down, to gauge if your pelvic movement is correct the tail should move when you squeeze) The tail maybe placed all the way inside the vagina if using it as a pelvic support during your daily routine; don't worry, KeyGal cannot get stuck or lost inside the body.
- You may feel the presence of KeyGal but it should not be uncomfortable. However, if you do feel any discomfort, remove, wash and re-insert.



- KeyGal in position, demonstrating the support of the bladder neck and the urethra.

#### Removal of KeyGal

- Relax the pelvic muscles; gently pull out KeyGal using the tail.

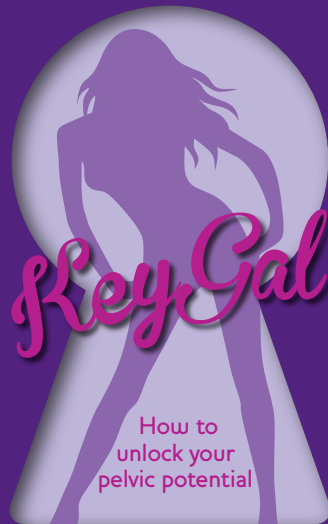
Download the full Keygal exercise program from our website [www.keygal.com](http://www.keygal.com)

KeyGal® is classified as a Class I Medical Device in accordance with Medical Device Directive 93/42/EEC. This product comprises totally of body friendly medical grade silicon. No animal tissues are involved. Contact us: [info@keygal.com](mailto:info@keygal.com) Tel: 0871 218 1233

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*KeyGal*

[www.keygal.com](http://www.keygal.com)



# Thank You

for purchasing KeyGal®  
your new effective way  
to a healthy, stronger  
pelvic floor.

## Instructions for use

### What is KeyGal?

KeyGal is your personal pelvic floor toning device. It is designed to help you identify the correct muscles and strengthen the pelvic floor. KeyGal is a discreet way to obtain the ultimate internal workout.

Use KeyGal daily as part of an overall fitness programme, as an enhancement to your sexual pleasure or as a preparation for pregnancy/pelvic support after pregnancy. Keeping the pelvic floor in good condition can help prevent other pelvic floor dysfunctions from occurring.

Use KeyGal anywhere and everywhere, it is so simple and discreet nobody will know you have your own private internal workout.

Use KeyGal as a pelvic floor, bladder neck, urethra support and control those embarrassing leaks from occurring.

### Vaginal dryness

There are many reasons why women encounter vaginal dryness (see [www.keygal.com](http://www.keygal.com) for medical help on this topic). Did you know that using KeyGal can help with the natural stimulation of the Bartholin glands, which are situated slightly posterior right and left of the vagina. These glands secrete mucus to lubricate the vagina. Stimulation of these glands using KeyGal may help you achieve a natural lubrication.

KeyGal can be used with a water-based lubricant if desired.

### Cleaning and protecting KeyGal

Before using wash your KeyGal in clean warm water. After you finish your exercises with KeyGal, wash or spray with KeyGal Clean which will sanitise and protect the silicon from degrading when not in use. KeyGal Clean is pH balanced and can safely be used on skin. Store your KeyGal in it's own personal storage pouch provided.

### Insertion of KeyGal

Before you insert KeyGal

- Empty your bladder and wash your hands.
- Wash your KeyGal as above.
- Lubrication may be used if desired.
- Insert KeyGal using the same method you would use to insert a tampon.