



PREMIUM

METHOD OF USE

READ BEFORE USE

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ABOUT Androvacuum®

Androvacuum® is a medically-proven top-grade penis pump which is a non-invasive, safe and effective solution to follow a **Sexual Fitness** routine and induces on demand drug-free instant erections as a solution to **Erectile Dysfunction**.

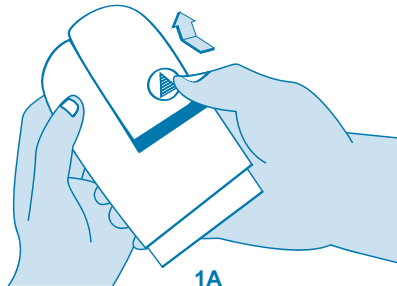
Ergonomically designed and engineered, **Androvacuum®** consists of a cylinder that fits over the penis, with an electronic motor to create suction and induce a vacuum environment around the penis which draws blood into it and helps the penis to become engorged.

Please, read first:

Step 1- To remove the battery cover press on the arrow head and push up. See picture 1A.

Step 2- Insert the batteries into the battery compartment as indicated.

Step 3- Slide the battery cover back in place.



Notes: Read instructions carefully and completely before using Androvacuum®.
If directions are not followed, Androvacuum® will not work.

DEVICE COMPONENTS

Cushioning Ring: adapter necessary to keep the vacuum inside the cylinder.

Manual vacuum release button
It allows to reduce the negative pressure that is generated inside the cylinder.

Activation button

Electronic Vacuum Motor
provides a quick seal

Medical Grade Removable Cylinder

Sealing Gel
for personal use

Easy Loading Conical System fits into penile tube to assist in placing ring on penile tube

Erection Assistant Rings / Constriction Rings:
to help maintain the erection. For different penile thicknesses.

ERECTILE DYSFUNCTION

Androvacuum® is meant for the treatment of Erectile Dysfunction. Millions of men are estimated to be affected. Erectile Dysfunction could be a sign of the existence of a serious blood flow or nerve problem. Erectile Dysfunction is often the side effect of a medication you may be taking. If you suspect this, talk to your doctor. You should never change or stop taking medication without first consulting your doctor. Smoking, alcoholism and drug abuse can all contribute to an erectile disorder.

Erectile Dysfunction Therapy with **Androvacuum®**, recommended for:

- ❑ Men who sometimes fail to get a full erection due to stress, excitement or fear.
- ❑ Men who easily get an erection but have problems maintaining it.
- ❑ Men with erection problems of all ages, even those who haven't achieved an erection in several years.
- ❑ Men with erection problems who can not take anti-ED drugs due to heart problems.

“SEXUAL FITNESS”

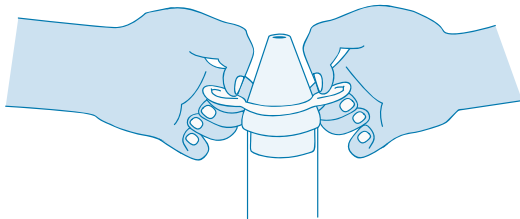
Vacuum environments increase blood flow into the penis when becoming engorged. Over time, regularly induced vacuum environments make the corpus cavernosum adapt to these continuously demanding situations. The penis ends up producing the referred increased blood flow by itself, even when no vacuum environment is created. This implies that the sexual organ reacts faster and stronger to sexual stimulation. A prolonged erection problem can lead to shrinkage of the penile tissues and a reduction in penile circulation (non-use atrophy). Regular use of **Androvacuum®** will duplicate benefits of nocturnal erections, reversing penis shrinkage, reconditioning penile circulation and promoting a return to good penis health. **Androvacuum®** can help to stretch tissues back to their normal state within as little as 4 weeks of regular use, combined with an improvement in penile circulation. At the same time, you would be inducing full penile engorgement and promoting good penile health.

Sexual Fitness Therapy with **Androvacuum®**, recommended to:

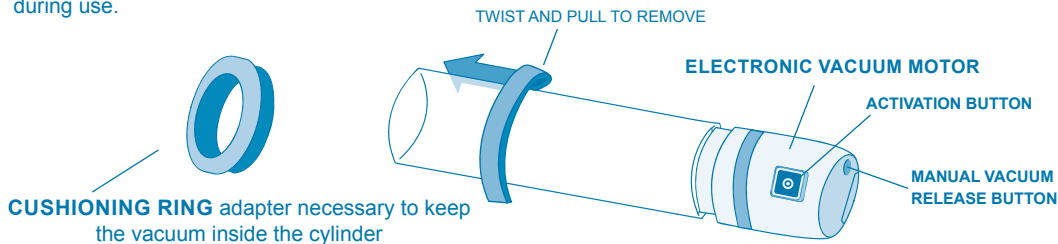
- ❑ Men experiencing weak erections.
- ❑ Men experiencing progressively weaker erections due to aging process, sedentary lifestyle, alcohol or tobacco consumption as well as high cholesterol or high stress levels.
- ❑ Men with low levels of testosterone (TDS or hypogonadism) and on hormonal supplementation.

SELECT COMPONENTS FOR YOUR PENIS SIZE AND SET THE DEVICE

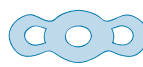
1. Start with the largest Erection Assistant Rings. If you are unable to hold the vacuum and the erection with the largest rings, gradually use the next smallest Erection Assistant and Cushioning Ring until you are able to hold the vacuum and the erection.
2. Set the cylinder (with the smooth end up) on a flat surface. Place the Easy Loading Conical System in the penile tube.
3. Lubricate the entire surface of the Easy Loading Conical System with the sealing gel.
4. Grasp the two handles of the Erection Assistant Ring as shown. Place your thumb tips on top of the ring next to the Easy Loading Conic System and pull the ring down. Your thumb tips should glide along the surface of the Easy Loading Conical System. Place the Erection Assistant Ring near the end of the tube for later easy loading onto the base of the penis (do not load the ring onto the tube by pulling the handles, they may tear).



5. Remove the Easy Loading Conical System and attach the cylinder to the Vacuum Electronic Motor. Twist the cylinder on the motor 1/4 turn, locking it in place. Do not over tighten. Install the Cushioning Ring in the open end of the penile tube.
6. Running warm water over the cylinder (before attaching the motor) will help prevent the cylinder from fogging during use.



ERECTION ASSISTANT RINGS



One of the most important steps is properly fitting the Erection Assistant Rings. To keep blood in the penis, the ring must fit comfortably tight, but should be no tighter than necessary. If **Androvacuum®** is giving you a good erection but with the Erection Assistant Ring is becoming loose while wearing it for five minutes or less, you need to try the next smaller ring.

Thirty minutes is the maximum recommended time period for wearing the Erection Assistant Rings. If worn longer, permanent damage is possible.

After the correct size ring has been decided, it will only take a few minutes to get an erection.

DO NOT WEAR AN ASSISTANT RING MORE THAN 30 MINUTES.

Androvacuum® will assist you in reaching a full and satisfying erection in most cases.

- ❏ Allow a minimum of 60 minutes between uses.
- ❏ Do not fall asleep wearing the Erection Assistant Ring.
- ❏ Erection Assistant Rings should not be used as a birth control method.
- ❏ Use the largest Erection Assistant Ring which holds an erection.
- ❏ Do not use Erection Assistant Rings while using alcohol or drugs.
- ❏ Frequent use of Erection Assistant Rings may result in bruising at the base of the penis (where the shaft of the penis meets the pubic area). Temporary side effects may include some bruising of the penis or some small red spots below the skin. Use caution and plenty of water soluble lubricating jelly when removing the support ring.
- ❏ Do not use oil based lubricants such as petroleum jelly, as they will be harmful to the Erection Assistant Rings and other latex type material such as condoms. Only use water soluble lubricating and sealing gel.

MANUAL VACUUM RELEASE BUTTON AND VACUUM ENVIRONMENT CREATION

Your penis should become filled and rigid without pain in **10 to 90 seconds**. You may feel pressure when your penis starts to become erect from the vacuum, which is normal. If you feel a slight pain when your penis becomes filled, try a lower vacuum level by pushing the manual vacuum release button (with a little practice you should find your correct vacuum level, so that you can create a full erection).

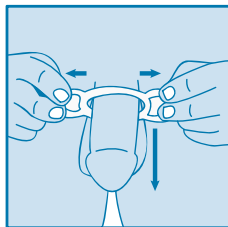
The **manual vacuum release button** can be pushed to lower the vacuum level. If too much vacuum is released, it can be easily increased by depressing the activation button.

To **remove the penis from the Cylinder**, push the manual vacuum release button until the vacuum pressure is gone. You can then remove the Cylinder.

Most men with Erectile Dysfunction will lose most of their erection soon after removing their penis from the Cylinder. This problem can be solved by correctly fitting the **Erection Assistant Ring**. On the other hand, if you find that you have enough of an erection for intercourse, you may not need to use the **Erection Assistant Ring**. You may be able to have a good sex life while only using the **Androvacuum®** device without the Erection Assistant Rings.

REMOVING THE ERECTION ASSISTANT RING

Caution: Do not wear the Erection Assistant Ring for more than 30 minutes.



Remove the ring by pulling the side loops outwards. The ring will stretch, allowing blood to move from the penis. You can then pull the Erection Assistant Ring off easily. To prevent tangling the Erection Assistant Ring in the pubic hair, try a little sealing gel in the hair before putting on the ring.

INSTRUCTIONS FOR ERECTILE DYSFUNCTION THERAPY

1. Lubricate your penis, the inside of the cylinder and pubic hair area (the area that comes in contact with the cushioning ring), with the sealing gel. This helps form a good vacuum seal to your body and prevents the penis from sticking to the walls of the cylinder.
2. Insert the penis into the cylinder and start the vacuum process. Operate the motor by depressing the activation button. Depress the button for approximately 10 seconds, that should create a seal between the system and your body. Continue pressing the button until you have developed a sufficient vacuum. Use the least amount of vacuum necessary to obtain an erection.
3. As soon as the desired erection is achieved, transfer the Erection Assistant Ring from the cylinder onto the base of the penis with your fingertips. Make sure the Erection Assistant Ring is transferred all the way around. Any vacuum that is left can be released by depressing the manual vacuum release button. Practice a few times without the Erection Assistant Ring.

Note 1. After you have been using the **Androvacuum®** for 30 to 60 days, you may want to recheck the sizing of the rings to be used. For example, you may find that you are now able to use the next size larger rings. Using the larger ring may increase comfort.

Note 2. Some couples may prefer to stop intercourse at least once and reuse the **Androvacuum®**.

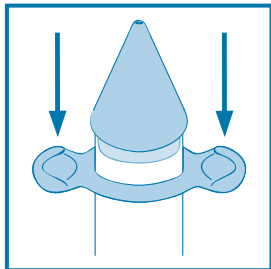
Note 3. If a condom is desired it should be applied after an erection is formed.

Note 4. Following use, the Erection Assistant Ring, the Cushioning Ring and Cylinder can be washed with soap and water, dried and stored. Make sure the Erection Assistant Ring bag is air free and tightly sealed for longer life. Do not ever put the motor in water.

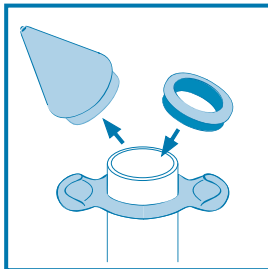
ATTENTION

When placing the Cylinder on the pump head, **DO NOT OVER TIGHTEN**. Twist one quarter (1/4) turn to tighten. Twisting too hard or too far will break your system. If this happens it **WILL NOT** be covered under warranty!

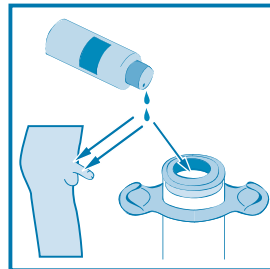
USING THE DEVICE (STEP BY STEP) - ERECTILE DYSFUNCTION



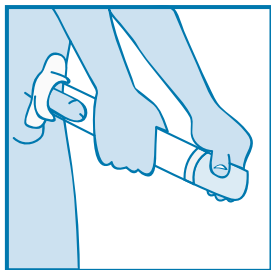
1. Slide the Erection Assistant Ring over the Easy Loading Conical System and onto the end of the Cylinder.



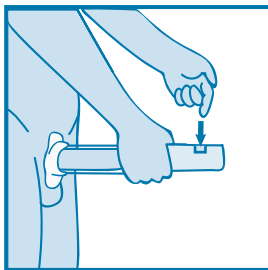
2. Remove the Easy Loading Conical System and load the Cushioning Ring.



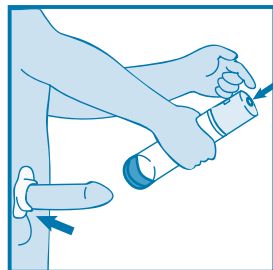
3. Lubricate your penis, the inside of the Cylinder and your pubic hair with sealing gel.



4. Insert your penis into the prepared Cylinder.



5. Start the vacuum process.

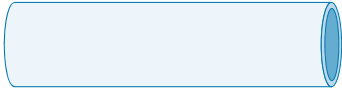


6. Once erection is achieved, slide the Erection Assistant Ring onto the base of the penis. Once ring transfer is complete you are ready.

INSTRUCTIONS FOR “SEXUAL FITNESS” THERAPY

Follow steps 1 and 2 as described on page 8.

The therapeutic use of **Androvacuum®** once a day, from 5 to 7 times per week, may help to maintain penile length, dilate arteries and oxygenate penile tissues. Regular use of **Androvacuum®** can promote full erectile function. To get started, the components you need to use are:



The Vacuum Cylinder



The Electronic Motor

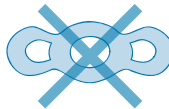


The Cushioning Ring



The Sealing Gel

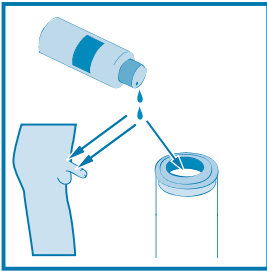
You do not need to use the Erection Assistant Rings. They are designed to hold the blood and maintain an erection that stays rigid during sexual activity. Such rigidity is not necessary for Sexual Fitness Therapy.



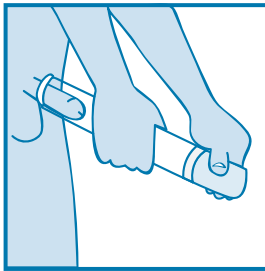
Erection Assistant Rings

During a session of Sexual Fitness Therapy, we recommend you should aim to produce 5 erections or use **Androvacuum®** for at least 5-10 minutes. Never operate the motor to the point of causing pain.

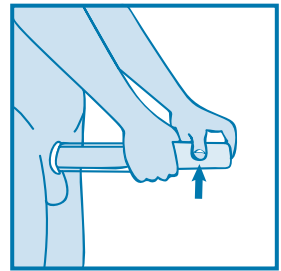
USING THE DEVICE (STEP BY STEP) - "SEXUAL FITNESS"



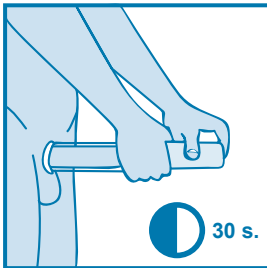
1. Apply the Sealing Gel on the edge of the Vacuum Cylinder and on the entire length of the penis.



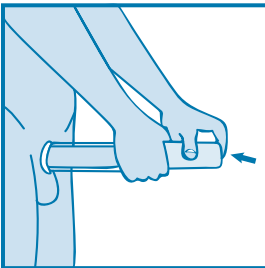
2. Insert the penis into the Cylinder.



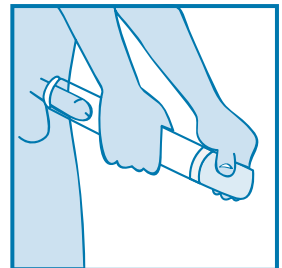
3. Operate the motor for 10 seconds and then stop for 5 to 10 seconds to slowly create a vacuum environment. Repeat until you gain a full erection.



4. When you have reached a full erection, wait 30 seconds prior to releasing the vacuum. Tightness and some pressure is normal and expected.



5. After 30 seconds, release the pressure within the Cylinder by pushing the red button.



6. Wait until the penis has returned to a flaccid state and repeat the start-and-stop process again until bringing the penis back to a full erection.

THE ADAM TEST

The ADAM test is a 1-minute test to check Testosterone Deficiency Syndrome. ADAM stands for “Androgen Deficiency in Aging Males”.

The ADAM test was first published in **Morley JE, Charlton E, Patrick P, Kaiser FE, Cadeau P, McCreedy D**, et al. “Validation of a screening questionnaire for androgen deficiency in aging males”. *Metabolism* 2000; 49:1239–42.

You can make an initial and intuitive assesment of your testorene level just by answering the following questions:

- | | | |
|--|------------------------------|-----------------------------|
| 1. Do you have a decrease in libido (sex drive)? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 2. Do you have a lack of energy? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 3. Do you have a decrease in strength and endurance? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 4. Have you lost height? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 5. Have you noticed a decreased “enjoyment of life”? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 6. Are you sad and/or grumpy? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 7. Are your erections weaker? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 8. Have you noticed a recent deterioration in your ability to play sports? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 9. Are you falling asleep after dinner? | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 10. Has there been a recent deterioration in your work performance? | yes <input type="checkbox"/> | no <input type="checkbox"/> |

If you have answered “No” to all questions, you are not likely to need further tests.

If you have answered “Yes” to question 1 or question 7, or at least three of the other questions, you may have low testosterone levels and should speak to your doctor or nurse about checking them.

COMMON PROBLEMS AND SOLUTIONS

PROBLEM	LIKELY CAUSE	REMEDY	COMMENTS
No erection	No vacuum because of air leak caused by poor seal	Use more sealing gel; apply firm pressure to body; trim pubic hair; check system for air leaks	Problem is most often associated with inexperience; it stops as you become better at using the system
Partial erection	Not enough practice sessions	More practice using system	Problem most often improves with continued use of system
Rapid Loss of erection (in less than 5 minutes)	Vacuum lost because of air leak, poor seal, poor lubrication, or too much pubic hair, too large support ring	Same as for "No erection". Use smaller or double support rings; remove support ring carefully	Require that you experiment with varying sizes support rings; see your doctor if you need help or support to continue
Pulling of the skin of the scrotum	Sealing gel on scrotum; improper pumping technique; inexperience with system	Remove sealing gel from scrotum; continue with practice sessions; angle cylinder downward during pumping	Problem may disappear as you become better at using the system
Discomfort or pain during pumping	Too rapid pumping; pulling of scrotal tissue	Slower pumping; continue to use the system	Problem usually stops as you become better at using the system
From Erection Assistant Ring	Erection Assistant Ring too small; anxiety	Use larger Erection Assistant Ring; continue to use the system	Problem usually stops as you continue to use the system
During intercourse	Poor lubrication; pressure on a sensitive area	More lubrication; position changes	
During ejaculation	Long periods without sex; infection or swelling of the prostate gland	Continue to use System	Problem usually stops as you continue to use the system; if pain or discomfort continues, see your doctor
Redness, irritation or bruising	Too rapid pumping; overpumping	Slower pumping; fewer pumps	Consult your doctor if this problem continues past the first few practice sessions
Penis feels cold (to you or your partner)	Constriction of blood flow to the penis; lubrication	Wash off lubricant or warm lubricant before use	
Penis pivots on its base	Constriction of blood flow to the penis	If manageable, apply the system after you have a partial erection	

PRECAUTIONS

- ❑ You will feel pressure while applying **Androvacuum®**. This is not harmful. If you feel discomfort, however, it may be a signal that you are pumping too quickly. Simply press the manual vacuum release button, wait a moment and start again.
- ❑ Your penis turns slightly bluish in color after you apply the Erection Assistant Ring. This may be a normal response to the increase of blood in the penis. The bluish color should disappear when you remove the support ring.
- ❑ You experience some petechiae (tiny reddish spots beneath the skin) or bruising of the penis when you first begin using **Androvacuum®**. This may happen by placing the penis under too much vacuum pressure for too long, and too fast, or after a long period of not having an erection. If this happens, stop using **Androvacuum®** until spots or bruises completely disappear, about five to seven days.
- ❑ You or your partner notice a slight drop in the temperature of the penis. This coolness is normal and not harmful. It is a normal response to the reduced blood flow caused by the support ring.
- ❑ Your erection has a “hinge” effect. The penis may pivot at its base when the ring is in place. If this occurs, you may find it necessary to try different positions with your partner for successful intercourse.
- ❑ Your semen does not flow through at point of climax. The pressure of the Erection Assistant Ring may interfere with the ejaculation process. This is not harmful, and does not affect climax. Your semen may flow out when you remove the ring. Erection Assistant Rings are not a means of contraception or birth control and should not be used to avoid pregnancy.
- ❑ Your penile Cylinder develops condensation on the inside. This is simply the result of the heat from your body reacting with the sealing gel. “Fogging” can be reduced by running warm water over the Cylinder and then drying it before use.
- ❑ Use of **Androvacuum®** may bruise or break the blood vessels either right below the surface of the skin or within the deep structures of the penis or scrotum, resulting in bleeding or the forming of a blood filled swelling. Do not be too concerned if you notice some bruising of the penis, or small reddish spots below the skin. This is likely to happen if you have not had sex for some time. You should stop using the system until the problem has cleared up (5 or 6 days). When you do use the system again, be careful not to apply more vacuum than feels comfortable. Use caution and plenty of water soluble sealing gel when removing the Erection Assistant Ring.

PRECAUTIONS

- ❗ If you have signs of Erectile Dysfunction, (i.e., unable to get an erection that is strong enough for sexual intercourse), talk to your doctor before using this system to avoid a possible harmful delay in discovering any of the most common causes of this condition, such as diabetes, multiple sclerosis, cirrhosis of the liver, chronic renal failure, or alcoholism.
- ❗ Do not wear the Erection Assistant Ring for longer than 30 minutes. It could cause pain, bruising, a blood blister, or permanent injury to the penis. Consult your doctor if any problems occur and stop using the system if they continue.
- ❗ If you do not follow these instructions you may cause personal injury.

Androvacuum® will not cure relationship problems or correct physical problems such as low sex drive, decreased sensation, and absent or premature ejaculation.

If you have Sickle Cell Trait or Disease, a history of prolonged erections, or are taking large quantities of aspirin or other blood thinners, do not use **Androvacuum®** without consulting your doctor.

- ❗ Misuse of **Androvacuum®** or its Erection Assistant Rings may worsen already existing medical conditions such as Peyronie's Disease (a condition that causes distortion or abnormal bends of the erect penis), prolonged erection, and blocked urethra (urinary tract).
- ❗ Misuse of **Androvacuum®** or its Erection Assistant Rings could result in swelling of the penis or serious permanent injury to the penis.
- ❗ Frequent use of the Erection Assistant Rings may result in bruising at the base of the penis (where the shaft of the penis meets the pubic area), blood blister or pain.
- ❗ Caution is advised when using **Androvacuum®** following the removal of a penile implant because of possible scarring and later impairment. Apply the vacuum gradually. Look for bruising or distortion of the penis.



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