

# How To Use EMP Jar

Your hormone cream has been supplied to you in an EMP Jar which is specifically designed to enable exact dosing from a syringe. You have also been supplied with a 1ml syringe (without a needle), designed to help you to apply the cream with an accurate dose.

## Step 1:

Take the syringe and pull the white plunger out from inside it to separate it into 2 parts.



BARREL

PLUNGER

## Step 2:

The jar of cream has a movable base, which can be pushed up to expel air out of the jar. It also has 2 lids, one small and one larger lid. Remove the smaller of the 2 lids and you will see a pink insert in the top. **DO NOT** remove this, it is important to keep it in place to fill the syringe.



MOVEABLE BASE



SMALLER LID (REMOVE THIS ONE)



### Step 3:

Gently push the movable base upwards, so that you can see the cream appear level with the pink insert. This will ensure there is no air in the jar and will make filling the syringe easier.

### Step 4:

Take the barrel part of the syringe and insert it into the top of the pink opening. This may be a little tight so you may have to apply some pressure to insert it.

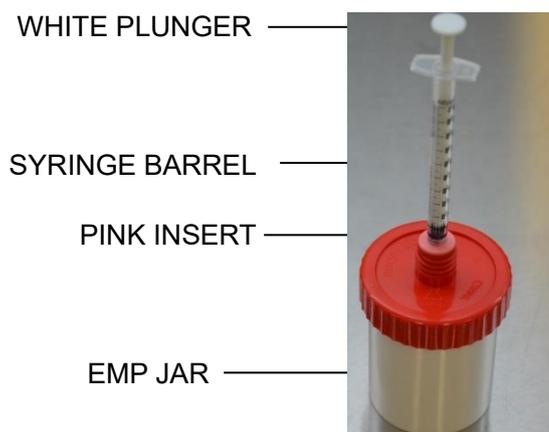


### Step 5:

Push the movable base upwards slowly, you will notice the cream filling the syringe. It is best to over fill slightly at this stage (for example, if you require a 1ml dose, fill it slightly past the 1ml marking).

### Step 6:

Take the white plunger and insert it back into the top of the barrel (syringe) whilst it is still in the pink opening of the EMP Jar. Push the white plunger to the exact measurement required (as directed by your doctor).



### Step 7:

Remove the whole syringe from the pink opening and apply your cream where n

