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## CAUTION

**CONSULT YOUR PHYSICIAN  
IF ANY COMPLICATIONS OCCUR.  
DISCONTINUE USE OF THE DEVICE  
IF COMPLICATIONS PERSIST.**

## CAUTION

**Do not leave the ring on your penis for more than 30 minutes.  
Do not fall asleep while wearing the rings. Leaving the ring on too  
long may damage your penis by keeping blood from flowing into it.**

## WARNINGS

**BEFORE ATTEMPTING TO USE THE VTU™  
VACUUM PUMP, PLEASE READ ALL WARNINGS  
AND RISK STATEMENTS. THAT WILL ASSURE  
PROPER USE AND TOTAL SATISFACTION.**

In some rare cases, frequent use of rings may bruise the base of the penis. The base of the penis is where the shaft of the penis meets the pubic area.

Stop drawing a vacuum if severe pain occurs. Pain may be a sign the penis is being bruised.

Theoretically, it is possible that using the pump may bruise or break the blood vessels either right below the skin or deep within the penis or scrotum. Internal bleeding or a blood filled bruise in the penis can result.

The vacuum pump may not be safe for men who do not feel pain in the area around their penis. If you have diabetes, you may have a reduced ability to feel pain. Pain may be a sign the penis is being bruised.

Do not use if you are under the influence of drugs or alcohol. You may not feel pain while you are using drugs or alcohol.

You must wait 60 minutes between uses. Failure to do so may injure your penis.

Use the largest ring that will keep your penis hard. Using a ring that is too small may bruise your penis.

If your hands are severely impaired, you should not use this product. You must have full use of your hands to safely use the rings and pump. If you do not have enough strength in your hands, you may not be able to remove the ring. Delayed ring removal could damage your penis.

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## The VTU™ Vacuum Therapy System

### General Information

#### Intended Use

The VTU™ is intended to aid in the production and maintenance of a penile erection in individuals suffering from impotence.

#### What is Impotence?

Impotence is when a man's penis either will not get hard, or will not stay hard long enough, for him to have sex. About 30 million men in the U. S. suffer from impotence.

#### Causes of Impotence

Many people believe impotence is "all in a man's head." In fact, most cases of impotence have a physical cause. Blood vessel disease, diabetes, pelvic surgery, radiation therapy, spinal cord injury, and multiple sclerosis can all cause impotence. Your Doctor may be able to cure your impotence by treating the underlying cause.

#### Treatments for Impotence

There are several ways to treat impotence. Vacuum pumps are just one of the possible ways. You should ask your Doctor for more information on the treatment of impotence. Some of the other treatments are:

**Drugs** - Drugs that are injected into the penis can make it hard for several hours. The injections also can scar and damage the penis.

**Implants** - Two implants are surgically placed into the penis. A pump placed in the scrotum inflates the implants and makes the penis hard.

**Chemicals** - Viagra: Dangerous side effects.

**Vacuum Therapy** - Safe, effective, successful.

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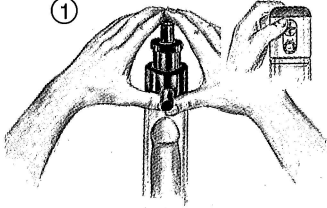
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## VACUUM PRACTICE

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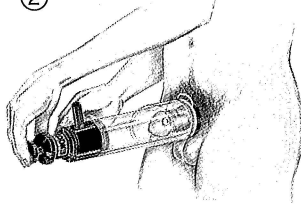
If you have not had an erection for more than a year, it may be necessary to practice to achieve satisfactory erections.

Step  
①



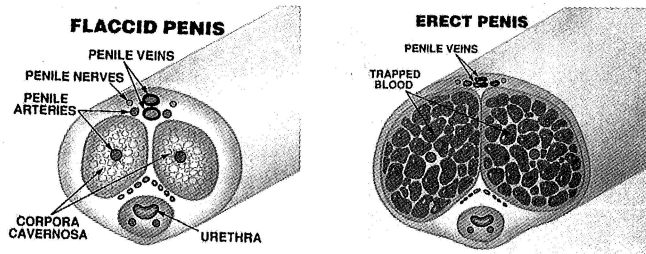
Simply depress the plunger to manually create a vacuum. This will pull blood into the penis. Hold the erection approximately 15 seconds. For the battery pump, simply press the on button.

Step  
②



Then press the vacuum release button to allow the blood to drain back into the body. Repeat this process 4 or 5 times. This should only take a total of 2 or 3 minutes per day.

### How Does This Technique Work?



A Vacuum device works by pulling blood from your body through the penile arteries into the penis. The blood is absorbed by a sponge like tissue called the corpora cavernosa. When the corpora cavernosa has absorbed the proper amount of blood this creates rigidity.

1. This technique should take only 3 minutes once per day. Repeat this process 3 times per week for a total of 9 minutes a week of practice.
2. Depending on the time of your impotence problem, it may take one to four weeks to get maximum results.

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Your vacuum system kit comes with everything you need for immediate use. It is designed to last you for years, if proper care is taken.

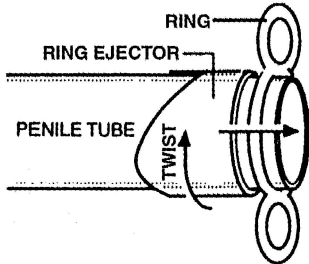
## THE CONTENTS CONSIST OF:

- Numbered Revive™ Rings. Each has a different size. The center ring is designed to externally encircle the penis. The top and bottom rings are designed as handles for easy application and removal.
- A user friendly vacuum pump complete with release valve to control the amount of vacuum pull on the penis.
- A mounting cone, used to help fit the Revive™ Ring onto the penile tube.
- A transparent penile tube (attaches to the vacuum unit) with the new easy-to-use Ring Ejector System. Used for the insertion of the penis to be pumped to a full erection.
- A sample of water soluble lubricating jelly.

## Step #4

### PUT THE RING ON THE PENIS

1. As soon as the desired erection has been achieved, continue to hold the tube tight against your body and **simply twist the ring ejector just like you would turn a door knob. This will automatically push the Ring off the penile tube onto and around the base of the penis.**

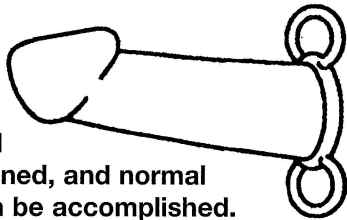


#### TWIST RING EJECTOR

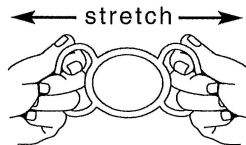
NOTE: Most of the vacuum seal will be broken during the ring's transfer, but you may still need to depress the release valve to release what vacuum may be left. Remove the pump unit from the penis.

2. A lasting erection should now be maintained, and normal intercourse can be accomplished.

NOTE: If a condom is desired, it should be put on as the last step. Do not wear a condom during the vacuum process. If you use a condom, put it on after the constriction ring is in place.



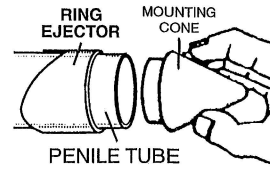
After sex, remove the ring(s) by pulling the top and bottom handles.



The ring(s) will stretch and your erection will go down. Pull the ring(s) off the penis.

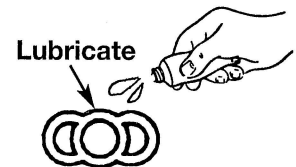
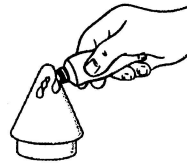
## Step #2

### HOW TO MOUNT THE REVIVE RING

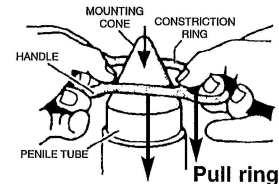
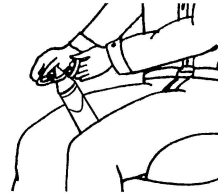


1. Insert the mounting cone into the end of the penile tube that has the ring ejector.

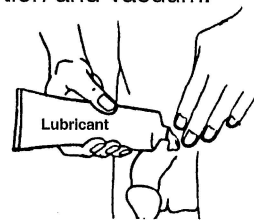
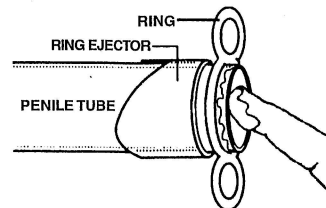
2. Lubricate the cone and the center of the ring with water soluble lubricant.



3. Get in a comfortable sitting position. Place the open end of the tube between the thighs and squeeze firmly with the thighs to steady the tube. Grab the handles of the ring, pull the ring quickly down the cone onto the tube.



4. Before using the pump, lubricate the end of the penile tube with water soluble lubricant to seal the vacuum pull (where the penile tube meets the base of the penis). Also, lightly lubricate the penis to prevent it from sticking to the inside of the penile tube during insertion and vacuum.

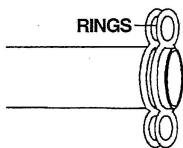


## CHOOSING THE BEST RING

One of the most important parts of the vacuum system is the Ring. It is important to have a properly fitted Ring to retain blood in the penis to maintain a good erection. The ring must encircle the penis and fit comfortably tight, but should be no tighter than necessary.

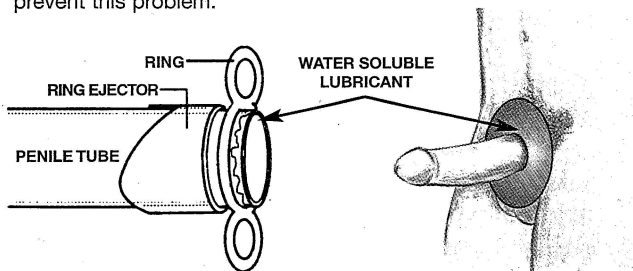
Start by choosing the size you think will fit you best. Try that size while learning how to use the system. **We recommend starting with the larger sizes to assure that the compression on the penis is no more than necessary to accomplish results.** If the vacuum unit gives you a good erection, and with the Ring on, your erection becomes soft within five minutes or less, you need to try the next size smaller Ring. If the ring seems tight, choose the next size larger. Try the different sizes until you are satisfied with the fit. You have many rings to choose from.

If you are one of the rare cases where the smallest ring will not keep your penis firm, you may use two rings. Example: (sizes 4 & 5). Mount the second ring by repeating step 2.



## SCROTAL TISSUE PROTECTION

A small amount of men, 5%, may pull scrotal tissue into the tube while creating a vacuum. If this occurs, order a body shield to prevent this problem.

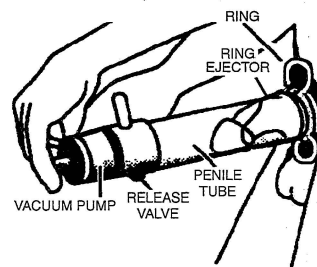


Place the body shield over the penis as shown until it is snug and covering the pubic bone area and pubic hair. Place water soluble lubricant on both the body and shield and tube to help get a good seal. Place penis in tube and follow instructions. Once you have placed the Ring on the penis, you may remove the body shield by stretching it over the ring. It is \$10 for 2 body shields. Call 800-475-3091 if you need to order.

## Step #3

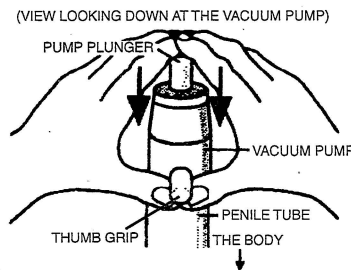
### HOW TO DRAW VACUUM TO A DESIRED ERECTION

Insert the penis into the penile tube and apply slight pressure against the body at the base of the penis to assure a vacuum. Simply depress the vacuum plunger to engage the penis with blood.



IT IS RECOMMENDED that the easiest and best way to draw a vacuum, with the vacuum pump, is to place both thumbs behind the thumb grip and with the fingers of both hands, squeeze the pump's plunger towards you (as shown below). This also will prevent any jerking motions that can possibly cause the body to bruise where the penile tube is held tight against the groin. We have found this way requires the least amount of effort.

(VIEW LOOKING DOWN AT THE VACUUM PUMP)



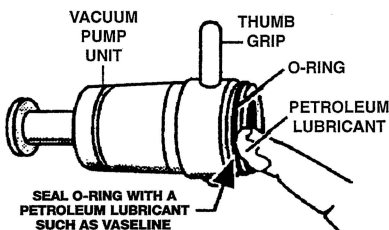
## Follow the Four Easy Steps for Success!

### Step #1

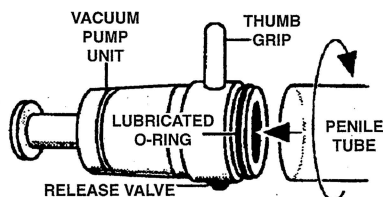
#### PUT THE PUMP IN ONE END OF THE TUBE AND THE RING EJECTOR ON THE OTHER.

- The system will not work unless you have a good vacuum seal. You will need two types of lubricants to use your system. The first is a water soluble lubricant such as K-Y Jelly.

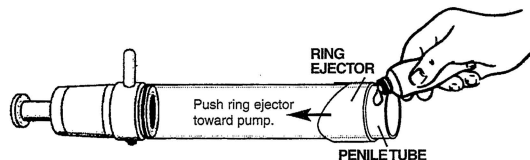
Second, use a petroleum based lubricant, such as Vaseline, on the O-Ring that seals the pump and tube.



- To put the system together, twist the pump into the penile tube.



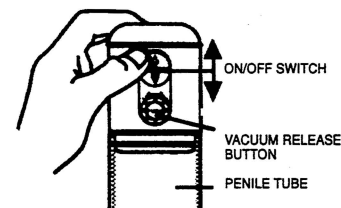
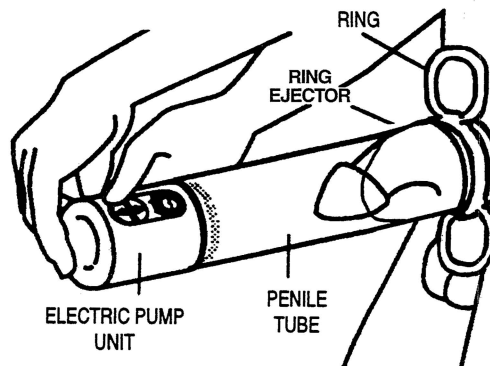
- The ring ejector will slip over the smaller side of the penile tube (opposite the pump). Push the pointed end of the ejector toward the pump until it stops. Lubricate the tube with water soluble lubricant.



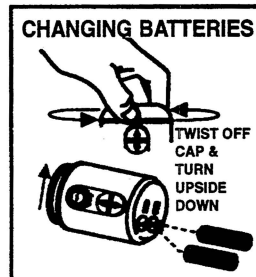
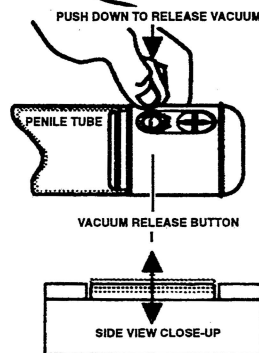
## BATTERY POWERED PUMP

Insert the penis into the penile tube and apply slight pressure against the body at the base of the penis to assure a vacuum.

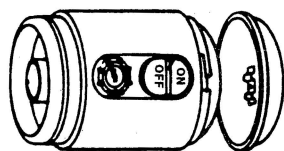
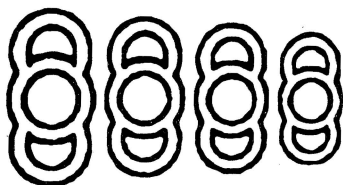
Simply push the switch to the on position to engage the penis with blood. When the penis is fully engorged, push the switch off.



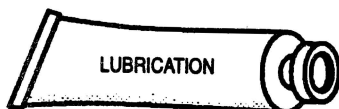
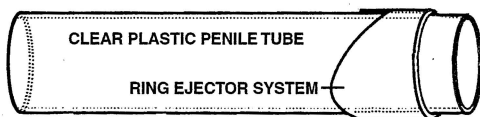
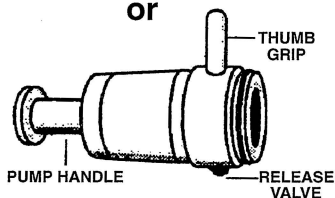
#### USING VACUUM RELEASE



## WHAT YOU GET IN YOUR VACUUM SYSTEM KIT



or



## Taking Care of Your System

### The Revive Ring

When you are finished using the ring, wash it with mild soap and water. Dry the ring, and put it into the plastic storage bag. You do not need to put lubricant on the rings before storing them. Never use a petroleum based lubricant on the rings.

### The Vacuum Pump

The vacuum pump should be cleaned by wiping it with a damp cloth. NOTE: Never pump any type of liquid through the pump.

### The Penile Tube

The penile tube should be removed and cleaned using a mild soap and warm water. To take the tube off the pump, use a firm twisting motion. If you put some petroleum based lubricant on the pump's "O" ring, it will be easier to remove and attach the tube.

## Troubleshooting

Q: What is the best position to use the VTU\*?  
A: You should be standing or sitting up.

Q: I keep pumping, but I don't feel any vacuum in the tube. I know the pump works. When I put my hand or stomach over the end of the tube and pump, I feel the vacuum.  
A: Make sure you use plenty of water soluble lubricant at the base of the tube. To create a vacuum, you must have a good seal.

Q: I am having trouble sliding the ring down the mounting cone onto the tube. The ring seems to catch on the plastic.  
A: Before you try to mount the ring on the tube, put some water soluble lubricant on the ring. Then it will slide down the cone very easily.

Q: The skin on my penis catches on the inside of the tube.  
A: You should put some water soluble lubricant on the penis. This will allow it to slide and not stick to the tube as your penis becomes firm.

Q: I feel pain at the base of my penis when I start pumping.  
A: Order a body shield to decrease the size of the opening of the tube. This will keep any extra tissue from being drawn into the tube. Call for information.

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## The Risks of Vacuum Therapy

Vacuum therapy is easy to use. However, the treatment has some minimal risks. It is important that you understand these risks. You should read this manual carefully before you use this product. The risks are:

- Use of a vacuum pump may mask the underlying cause of your impotence. These causes may include: diabetes, multiple sclerosis, cirrhosis of the liver, chronic kidney failure, or chronic alcoholism. You should talk to your doctor about the cause of your impotence before using this product.
- The rings may bruise the base of your penis. Some bruising is normal and should not be cause for alarm. The risk of bruising may be greater if you take a few aspirin daily.
- Vacuum therapy may cause a small “blood blister” on the head of your penis. This is normal and is not harmful.
- If you wear a ring for more than 30 minutes you may severely bruise or damage your penis.
- If you wear a ring that is too small, you may severely bruise or damage your penis.
- If you use too much vacuum, you may harm your penis.
- You can severely bruise or damage your penis if you do not wait at least 60 minutes between uses of the vacuum pump.