The SomaTherapy-OTC Treatment System is the latest in medical vacuum technology and is engineered to provide immediate penile erectile function. In addition, the SomaTherapy-OTC Treatment System provides therapeutic benefits to your penile vascular system and gives you and your partner control of intimacy from start to finish.

The SomaTherapy-OTC Treatment System is a medical grade device and contains a safe and effective record for treating erectile dysfunction.

To ensure performance and safety, it is important you apply the SomaTherapy-OTC system within the parameters described in this manual.

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U.S. Pat# 5,020,522

Printed in the United States of America
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You should read this entire Manual before using your SomaTherapy-OTC System. This will allow you to use the product in the safest and most beneficial manner.

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**IMPORTANT**

Do not send parts or a complete product back to Augusta Medical Systems without first contacting Customer Support at 1-800-827-8382.

*Unauthorized Returns will not be accepted.*
Registration: The Key to Your Success

You should take a moment to register your SomaTherapy-OTC System. You can do this by completing your registration card and mailing it to us, calling our toll-free support line (1-800-827-8382), or using the internet (www.augustams.com). This will activate your warranty and will provide you access to the Augusta Medical Systems Circle of Confidence - Total Support Program.

Useful Information:

Augusta Medical Systems Technical Support Line: 1-800-827-8382

Registration Number: ________________________________________________

Purchased From: ____________________________________________________

Date of Purchase: __________________________________________________

Physician Name: ____________________________________________________

SomaTherapy-OTC vacuum therapy systems use the latest in medical vacuum technology that is engineered to provide immediate penile erectile function. In addition, SomaTherapy-OTC gives you and your partner full control of your intimacy from start to finish.

SomaTherapy-OTC involves use of a medical device that is prescribed by your physician because of its safe and effective record in the treatment of erectile dysfunction. For safe use and best treatment outcomes, it is important for you to apply SomaTherapy-OTC within the parameters described in this manual.

Patent Pending. U.S. and International

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Caution: Federal Law Restricts the Sale of this Product to or by the Order of a Physician.
Who Should Use the SomaTherapy-OTC System?

The SomaTherapy-OTC system can help a wide variety of people. It is intended for use in treating erectile dysfunction (impotence). Erectile dysfunction (ED) is defined as the inability to achieve and maintain an erection suitable for sexual intercourse. This includes men who do not get an erection at all and men who get an erection that is too soft to enjoy sex completely.

The SomaTherapy-OTC system works for men of all ages. It is effective for both physical (body) and psychological (mind) erectile dysfunction. Common physical causes of ED include include heart disease, high blood pressure, diabetes, certain medications, nerve damage (often resulting from pelvic surgery), multiple sclerosis, cirrhosis of the liver, chronic renal failure and alcoholism. If you have symptoms of ED, consult your physician prior to using this device to avoid any potential delay in diagnosing any of the common causes of the disorder.

How Does Vacuum Therapy Systems Work?

The concept of vacuum therapy is rather simple to understand. It mimics the body’s natural system for getting an erection and keeping one. Therefore, to understand vacuum therapy, you first have to understand how erections are created naturally.

An erection is a blood-filling event, which involves blood vessels, nerves, hormones, and even muscle tissue in the penis. The science of erections can be very complicated, and it is still being studied today to gain an even further understanding. For the purposes of our discussion here, we will only focus on the flow of blood in and out of the penis. Simply put, blood enters the penis through arteries causing the penis to become longer and harder (erect). The penis remains hard for as long as the blood remains in the penis. When blood leaves the penis through veins in sufficient quantity, the erection disappears, returning the penis to its normal, non-erect state.

The SomaTherapy-OTC system uses negative pressure to draw blood into the penis through the arteries by the use of vacuum. When the penis fills with enough blood to become hard, a tension ring maintains the erection. When a person removes the ring, usually after ejaculation (discharge of semen), the blood leaves the penis through veins and the penis returns to its non-erect state.
Components of the SomaTherapy-OTC System

1. Cylinder
The cylinder is where you place your non-erect penis before you begin to use the negative pressure device. The cylinder and the negative pressure device connect to each other at one end. You place your penis into the cylinder at the other end. You will create your erection inside the cylinder.

2. Negative Pressure Device
The negative pressure device removes air from the cylinder, creating negative pressure within the cylinder. The negative pressure allows you to achieve an erection.

3. Battery Operated Negative Pressure Device
The battery operated device is activated by a black button which starts creating vacuum with a motor rather than a manual lever.

4. Cushion Inserts
The cushion inserts allow you to reduce the size of the opening at the end of the cylinder where you insert your penis. The inserts provide you with an effective way to reduce the amount of scrotal tissue (skin of the scrotum, which contains your testicles) that is drawn into the cylinder as you create your erection. You will decide whether to use one or two inserts depending on the size of your penis and your level of comfort when you use your SomaTherapy-OTC system.

5. Tension Rings
The tension rings keep your erection hard during sexual activity. When you remove the tension ring, your erection will go away.

6. Lubricant
Lubricant serves three purposes. First, it helps you to create an airtight vacuum seal. This vacuum seal takes place at the point where the cylinder touches your body. You will learn more about creating a vacuum seal in the chapter entitled, “How You Create an Erection.” Second, the lubricant allows your penis to slide easily inside the cylinder as you create your erection. Third, the lubricant helps you transfer tension rings onto your penis.

SomaTherapy-OTC lubricant is developed for use with vacuum therapy devices to ensure optimal performance in achieving an erection. Utilizing over 25 years of research and development, it is unequalled in providing the proper viscosity necessary to attain the correct seal, resulting in the absolute best results possible from your vacuum therapy system.
How You Assemble Your SomaTherapy-OTC System

You will find it easy to assemble the major components of the SomaTherapy-OTC system. Below illustrates how the major components (negative pressure device, cylinder and inserts) will fit together to form an assembled system.

**STEP ONE: Attach the negative pressure device to the cylinder**

The negative pressure device fits snugly into the cylinder. Otherwise, air can leak into the cylinder and prevent negative pressure from developing when you use the device. If you are unable to create negative pressure in the cylinder, you will not be able to create an erection.

**STEP TWO: Position the cushion inserts in the cylinder**

We recommend that you use this product with the largest cushion insert first. This works well for most men. The cushion insert fits easily into the cylinder at the end opposite of the negative pressure device. If you need a second cushion insert to control the intake of scrotal tissue during the creation of your erection, simply place the smaller insert inside the larger one. If you feel discomfort when using the inserts, remove them and use the product without them.

Your SomaTherapy-OTC System is now completely assembled. The next chapter, entitled “How You Create an Erection”, will show you how to do three things:

Use lubrication.

Create an erection inside the cylinder.

Release the negative pressure in the cylinder after you have created an erection.

Note: You will not use the tension ring during your practice sessions. Remove the tension ring from the cylinder if it is currently in that position.
How You Create an Erection

This chapter explains how you will PRACTICE with your SomaTherapy-OTC system before you actually use it in preparation for sexual activity. Once again, you will not use the tension ring for your practice sessions. We highly recommend that you follow these practice recommendations. Practice will allow you to become familiar with the product and how it works best for you. Also, if you have not been getting rigid erections for an extended period of time, your blood vessels may need to become accustomed to blood flow again. The practice recommendations explained in this chapter will gradually and safely accustom the blood vessels in your penis to increased blood flow. If you do not practice, you are likely to decrease your chances of initial success with this product.

STEP ONE: Assemble the SomaTherapy-OTC System
Assemble the product as explained in the previous chapter, entitled “How You Assembly Your SomaTherapy-OTC System.

STEP TWO: Lubrication Process

A. Lubricate the inside of the bottom of the cylinder generously up to 2 inches inside the cylinder.

B. Lubricate the head and sides of the penis to ensure during engorgement the penis will not stick to the sides of the cylinder.

C. As if applying toothpaste, lubricate the rim of the cylinder and comfort insert with a generous bead of lubricant.

Note: To make it easier for you to create an airtight seal, it may be useful for you to trim your pubic hair. Excessive pubic hair can allow air to leak from the cylinder. This will prevent you from creating your erection. Keeping your pubic hair short and using adequate lubricant will allow you to create a good seal. You do not have to shave your pubic hair, only trim it back with a small pair of scissors or grooming tool.
Step Three: The Application Process

While holding the device in one hand, insert your penis into the cylinder. Hold the cylinder at a 45-degree downward angle. Keep your penis close to the bottom of the cylinder, not the top. Hold the cylinder against your body with only slight pressure. It is not necessary to push the cylinder into your body.

Turn the cylinder side to side about one inch each way to work the lubricant into your pubic hair. This will help you create an airtight seal. When you are finished turning the cylinder, make sure the vacuum release valve once again faces the ceiling.

Note: To complete this step and the remainder of the steps in this chapter, you should stand in an upright position.

Hold negative pressure device so that the vacuum release valve (Round Black Button) faces the toward the ceiling.

Begin operating the negative pressure device by pumping the handle 3 times. If you are using the battery operated device, hold the square black button down for 3 seconds. Each pump noted in this section will = one second of activation on the battery device. Do not activate the battery device any longer than 5 seconds at a time.

Wait 10 seconds to allow blood to flow into the penis. You should feel the cylinder press against your body as negative pressure develops in the cylinder. You should also notice that your penis lengthens slightly with each pump.

It is very important to wait 5-10 seconds between pumps. This allows the blood to flow into your penis. Blood is actually flowing into your penis when you are not pumping. If you do not let this happen, you can experience some discomfort. You will also not create as good of an erection as you would if you had proceeded more slowly. Always use the least amount of pumping necessary to create an erection.

It is normal for condensation (fog) to develop inside the cylinder as you create your erection. This is a sign that you have a good airtight seal. The feeling of vacuum pressure on the penis can require a period of adjustment. However, if you feel discomfort, press the vacuum release valve and wait 15-30 seconds before you resume pumping.

To Terminate the erection, simply press the round black vacuum release valve.
How You Position Tension Rings on the Cylinder
Without Using the Loading Cone

Note: You should be in a sitting position when you position a tension ring on the cylinder. This will make it easier for you.

Do not load a tension ring on your cylinder with the negative pressure device attached. Pick up your cylinder and identify which end connects to the negative pressure device and which end is placed over your penis. The end that connects to the negative pressure device is easily identified by two grooves inside the cylinder. You will also notice that the negative pressure device only fits securely on one end of the cylinder. In addition, the cushion inserts only fit securely on one end of the cylinder.

While you are in a sitting position, put the cylinder between your legs with the cylinder opening for your penis facing you.

Select one of your tension rings. Stretch the tension ring by putting your fingers inside the center circle and gently pulling side to side. This prepares the ring for easier loading.

Note: Do not be alarmed if your ring tears slightly when you stretch it or position it on the cylinder. In most cases, the ring will still function properly.

With the rings handles facing away from you, place your thumbs inside the rings center circle. Hook part of the ring onto the edge of the cylinder and pull the ring completely onto the cylinder.

When you position the ring on the cylinder correctly, it will be within 1/2 inch from the edge of the cylinder.

Note: Positioning a tension ring on the cylinder requires practice. You should not become discouraged if you cannot do it exactly right the first few times. Give it time and practice, and it will become a simple action.
How You Position Tension Rings on the Cylinder

Using the loading cone

Place the loading cone onto the bottom of the cylinder and place it on a flat surface such as a table or countertop. Moderately lubricate the loading cone, this will allow the tension ring to slide down the cone onto the cylinder.

Grasp the ends of the tension ring and in one movement, push the ring down the cone. The tension ring will need to be placed 1/2 inch from the edge of the cylinder. Remove the cone and insert the black cushion insert(s).

Note: Positioning a tension ring on the cylinder requires practice. You should not become discouraged if you cannot do it exactly right the first few times. Give it time and practice, and it will become a simple action.

How You Transfer the Tension Ring to your penis

Once you have created a satisfactory erection in the cylinder, you are ready to transfer the tension ring to your penis.

Holding your hand as if making a “C”, push the tension ring from the cylinder onto the base of the penis. To ensure correct application of the tension ring, complete this step in one smooth motion.

Be careful not to break your airtight seal when you transfer the tension ring. If you break the seal, you will lose some or all of your erection. Do not press the vacuum release valve until you are sure the tension ring is positioned correctly on your penis.

Note: If you lose some of your erection during sexual activity, you can slide the cylinder over your penis, create an airtight seal as you normally would, and bring more blood into your penis. You should leave the tension ring on your penis as you do this. It will probably be necessary to remove the cushion inserts from the cylinder.

If you continue to have trouble keeping your erection during sexual activity, you should try two tension rings, or a smaller tension ring.
How You Remove the Cylinder

To remove the cylinder from the body, press the round, black pressure release button. Once the pressure is released, slide the cylinder off the penis.

Once you have removed the cylinder, you are now ready to begin sexual activity.

Do not wear the tension ring for longer than 30 minutes. Wearing the tension ring too long can cause minor to permanent injury to your penis. Do not fall asleep with the ring on your penis.

How You Remove the Tension Ring from your Body

Depending on the type of tension ring you have chosen to use, will depend on the removal process, but the same concept.

If you are using the SureFit tension rings, you can easily grasp the tabs, pulling evenly on both sides, to allow blood to flow from the penis. While continuing to pull on the tabs, slide the tension ring off the front of the penis.

If you are using the SureRelease series of tension rings, you can easily pull the tension ring apart to remove. These tension rings are for one-time use only.

SureFit Tension Rings
Practice Using the SomaTherapy-OTC System Before Intimacy

Like many things in life, practice makes perfect. Make sure you have sufficient practice using the SomaTherapy-OTC system to help you develop the confidence and expertise to use it correctly.

Be comfortable using the SomaTherapy-OTC system before attempting intercourse. You should practice using the technique described in this manual 20 minutes a day for 7-10 days before attempting intercourse.

You should begin by practicing, without the use of the tension ring, by creating an erection in the cylinder and then releasing the pressure. You should continue this process until you are comfortable and then use the tension ring to maintain your erection.

As you practice, you will become more comfortable applying the system and it will become a very natural process.

How You Clean and Maintain Your SomaTherapy-OTC System

You should clean your SomaTherapy-OTC system completely after each use. You only need mild soap and water to clean this product.

Do Not submerge your negative pressure device in water. If water gets inside the pump, the pump can be damaged.

Do Not use alcohol solutions to clean your SomaTherapy-OTC system. These solutions can damage the product.

Wash the cylinder and the cushion inserts in warm, soapy water. Rinse them well, and dry them with a clean towel.

Wipe the negative pressure device with a clean, damp cloth. Dry the negative pressure device with a clean towel.

Allow the product to try dry completely before you store it. Store the product unassembled.
Warranty Information

Augusta Medical Systems offers a ONE-YEAR replacement warranty on your negative pressure device and cylinder should they malfunction due to manufacturer defect or workmanship.

Damage caused by neglect or improper care is not covered under this warranty.

Tension rings and other accessories do not apply to the warranty.

To take advantage of the ONE-YEAR REPLACEMENT WARRANTY, please contact Augusta Medical Systems toll-free at 1-800-827-8382.

Refund Policy

Augusta Medical Systems does not provide refunds on SomaTherapy-OTC systems.

If you purchased from a distributor, contact them concerning their refund policy.

Augusta Medical Systems hopes you will be completely satisfied with your SomaTherapy-OTC system and find it to be a successful solution for your erectile dysfunction. Should you have any questions or problems with your SomaTherapy-OTC system, please contact customer support toll-free at 1-800-827-8382.

Augusta Medical Systems will not be able to accept your returned product.
## Common Problems and Remedies

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<th>Likely Cause</th>
<th>Remedy</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>No erection</td>
<td>No vacuum because of air leak caused by poor seal</td>
<td>Use more lubricant; apply firm pressure to body; trim pubic hair; check device for air leaks</td>
<td>Problem is most often associated with inexperience; it resolves as you become more adept at using the device</td>
</tr>
<tr>
<td>Partial erection</td>
<td>Incorrect cushion insert size; not enough practice sessions</td>
<td>More practice using device; use larger cushion insert</td>
<td>Problem often improves with continued use of the device</td>
</tr>
<tr>
<td>Rapid loss of erection</td>
<td>Vacuum lost because of air leak, poor seal, inadequate lubrication, excessive pubic hair, or too large of a tension ring</td>
<td>Same as for “No erection”; Use smaller tension rings or a combination of tension rings</td>
<td>Requires that you experiment with varying sizes or inserts and tension rings.</td>
</tr>
<tr>
<td>Delayed loss of erection</td>
<td>Insufficient tension from rings</td>
<td>Use smaller tension rings or a combination of tension rings</td>
<td>Requires that you experiment with varying sizes or inserts and tension rings.</td>
</tr>
<tr>
<td>Pulling of the skin of the scrotum</td>
<td>Lubricant on scrotum; improper pumping technique; insert too large; inexperience with system</td>
<td>Remove lubricant from scrotum; use smaller insert; continue with practice sessions; angle cylinder downward during pumping</td>
<td>Problem may disappear as you become more adept at using the device</td>
</tr>
<tr>
<td>Problem</td>
<td>Likely Cause</td>
<td>Remedy</td>
<td>Comments</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>---------------------------------------------</td>
<td>----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Discomfort during pumping</td>
<td>Too rapid pumping; pulling of scrotal tissue</td>
<td>Slower pumping; continue to use device</td>
<td>Problem usually resolves as you become more adept at using the device</td>
</tr>
<tr>
<td>Discomfort from Tension Ring</td>
<td>Tension Ring too small; anxiety</td>
<td>Use larger tension ring; continue to use device</td>
<td>Problem usually resolves as you become more adept at using the device</td>
</tr>
<tr>
<td>Discomfort during intercourse</td>
<td>Inadequate lubrication, pressure on sensitive area</td>
<td>Lubrication; change positions</td>
<td>Problem usually resolves as you continue to use the device; if pain or discomfort persists, see your physician.</td>
</tr>
<tr>
<td>Discomfort during ejaculation</td>
<td>Long period of absence; infection, or inflammation of the prostate gland</td>
<td>Continue to use device</td>
<td>Pain or discomfort persists, see your physician.</td>
</tr>
<tr>
<td>Redness, irritation, or brusing</td>
<td>Too rapid pumping; over-filling the penis</td>
<td>Slower pumping; fewer pumps</td>
<td>Consult physician if problem persists past the practice sessions</td>
</tr>
<tr>
<td>Penis feels cold</td>
<td>Constriction of blood flow in the penis, lubrication</td>
<td>Wash off lubricant or warm lubricant before use</td>
<td></td>
</tr>
<tr>
<td>Penis pivots on its base</td>
<td>Constriction of blood flow to the penis</td>
<td>If manageable, apply the device after you have a partial erection</td>
<td></td>
</tr>
</tbody>
</table>
**Warnings and Precautions**

If you have Sickle Cell Anemia, Peyronies Disease, Leukemia, or are on blood thinning medications, consult your physician before using this product.

If you have a history of prolonged erections, or priapism (erections that last for 4 hours or longer), consult your physician before using this product.

Make sure your physician is aware of your erectile dysfunction. Many of the underlying causes of ED require medical attention. Consult your physician regarding any treatment for ED.

Do not use this product under the influence of drugs or alcohol. These products limit your ability to feel pain.

Discontinue use immediately and consult your physician if any complications (extreme pain or discoloration) occur while you are using this product.

Do not wear the tension ring for longer than 30 minutes. It could cause pain and bruising and in the most extreme case a permanent injury to the penis. Call your physician if any problems occur and stop using the device immediately.

Failure to follow these instructions may lead to personal injury.

Incorrect use of vacuum therapy can result in pain or minor injury. In both cases, however, it is usually temporary.

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Peyronie’s disease is a medical condition where the penis bends or curves abnormally when it is erect. This is caused by the buildup of scar tissue in the penis. Men who have not had erections in an extended amount of time may not know they have this condition. Consult your physician if you notice symptoms of the disease when using this product.
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