



## **Practical tips for gargling the solution (IgY-product or placebo)**

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### **How and when should I gargle?**

- You should gargle the solution every evening, after brushing your teeth.
- The solution can be divided into 2–4 portions; the total gargling time should be 2 minutes. If you divide the bottle in several portions to gargle, you should spread those 2 minutes over the different portions.
- Take the solution in your mouth, tilt your head up and start gargling.
- Gargle the solution and then swallow it.
- After gargling, you may not eat or drink until the next morning.

### **How do I store and prepare the solution?**

- The solution should be stored in the freezer at a temperature of at least -15°C.
- Take a bottle out of the freezer each day in the morning, so it can defrost and be ready for use in the evening.
- If you forgot to take the bottle out in the morning, you can speed up the defrosting in lukewarm (around 35-40°C) water. Do not use microwave or temperatures above 50°C.
- Once defrosted, the solution can be kept in the closed bottle in the refrigerator for one week. The solution can be kept in the closed bottle at room temperature for 2 days.
- As an exception, it is possible to defrost and refreeze the *unopened* bottle up to two times.
- Once the bottle is opened the solution must be used within 2 hours!

### **If you find it difficult to gargle the solution...**

Some people experience problems in gargling 70 ml of liquid during two minutes. You may find it difficult to coordinate gargling and breathing. Some may feel like coughing while gargling and either spontaneously swallow the liquid or spit it out. If you experience any of those difficulties, the following tips may be helpful.

- Take the solution from the bottle in 2 to 4 portions to make the gargling easier.
- Take the first portion into your mouth, tilt your head back and start gargling. Swallow the first portion.
- Take the next portion(s) and continue until the total solution (70 ml) is taken and the 2 minutes are over.
- When you need to breathe, bring your head down, but keep the liquid in your mouth. Breathe in and out, then lift your head back up and continue to gargle.

***If you have difficulties with gargling or swallowing the solution,  
contact your doctor or study nurse.***

**Please follow the instructions in the enclosed package insert when using the solution.**