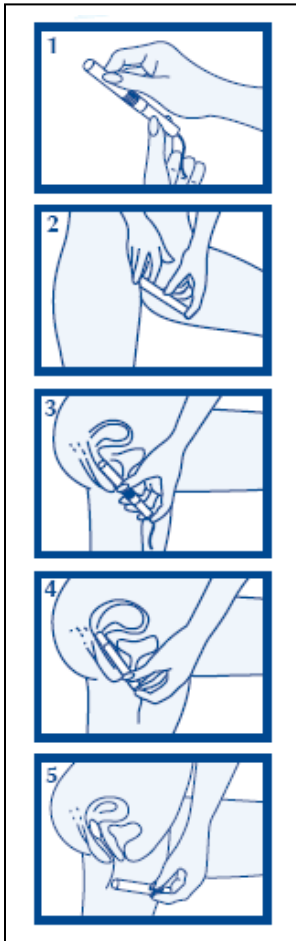


# Cardboard Applicator Tampons

## - Tampon Insertion Instruction



1. Wash your hands.
2. Choose a comfortable position. You can either sit on the toilet with your knees apart or stand with one foot on the toilet, or sit on your heels with your knees apart. It is very important to relax vaginal muscles for comfortable insertion.
3. Remove protective wrap. Hold tampon tube firmly in your hand and pull on the withdrawal cord to make sure it is securely attached to the tampon body and leave the cord hanging. With two fingers hold the grooved rings on the bottom of the outer tube. Place your forefinger at the end of the inner tube “bottom of the applicator”.
4. Place the rounded tip of the cardboard applicator tampon at the vaginal opening.
5. Point the applicator tampon toward your lower back and gently push it into your vagina in the direction with the least resistance.
6. While holding firmly on to the grooved rings of the outer tube, use your forefinger to push the end of the inner tube until it is all the way in the outer tube. Remove the cardboard applicator. Make sure not to hold the withdrawal cord as the applicator is being removed out.
7. When the tampon is inserted correctly, there will be no feeling of it. If there are feelings of discomfort, the tampon may not be inserted deep enough into the vagina. To feel more comfortable, push the tampon further in with your middle finger or remove it and try again with a new tampon.

## - Tampon Removal Instruction

1. Sit on the toilet with your knees apart or sit on your heels with your knees apart. Keep your vaginal muscles relaxed.
2. Gently and steadily pull the withdrawal cord out downward and forward.
3. Once the tampon has been removed and disposed, wash your hands.
4. For any reasons, if you can't find the withdrawal string, wait for the tampon to become completely saturated. Bend your body and push, then the tampon will be moved downwards and you will be able to remove it easily.
5. If you feel any resistance while trying to remove the tampon, it can be due to the tampon not being fully saturated.
6. If you fail to remove the tampon out, please contact your Gynecologist immediately.

## - Tampon Disposal Instruction

1. Used Tampon, its cardboard applicator and protective wrap may be flushed in the toilet or disposed in a trash basket.

## **Important Information**

### - **Changing or Using your tampons**

- The frequency of changing tampons depends on each individual's intensity of menstrual flow. You have to change or remove your tampon every 4 to 6 hours.
- Always select the lowest absorbency level to meet your needs.
- Tampons can hardly be felt, so always make sure to remove the old tampon before inserting a new one.
- Always remove the last tampon at the end of your period.
- Do not use tampons before or after your Menstrual period.
- Avoid using tampons while you are sleeping. Use classic sanitary napkins during bed time.
- Tampons do not need to be changed after every visit to the restroom.
- Always use one single tampon at a time.

### - **Using Tampons for the first time**

Most women need a little practice before they become familiar with using and properly insertion of tampons. Choose a day when you feel relaxed and your menstrual flow is moderate. Be Patient and follow these easy step-by-step instructions. Soon you will find your way.

### - **How does it feel to wear a tampon?**

If the tampon has been properly inserted, you should not feel it at all. If you are feeling uncomfortable, it means the tampon has not been inserted deep enough. To feel more comfortable, you can push the tampon further in with your middle finger or remove it and try again with a new tampon.

### - **Does it hurt to insert a tampon?**

You may feel a little uncomfortable when you start inserting a tampon into your body because of the nerves ending at the vaginal opening. Otherwise insertion of a tampon should not be painful. It needs a little patience. If the tampon is in the right place then you shouldn't feel anything.

### - **Which absorbency is right to use?**

Always use tampons with the lowest absorbency to meet your needs. Every box of tampons includes an absorbency chart to help you choose the right product. By using the right absorbencies, you'll get the best combination of protection and comfort. Tampons are available in the following range of absorbencies:

<b>Absorbency</b>	<b>Range</b>
Mini/Junior	6 grams
Regular	6-9 grams
Super	9-12 grams
Super Plus	12-15 grams
Ultra	15-18 grams

**Mini/Junior** – for light menstrual flow period  
(Recommended for teens and first time tampon users)

**Regular** – for normal menstrual flow period

**Super** – for moderate menstrual flow period

**Super Plus** – for heavy menstrual flow period

**Ultra** – for extra heavy menstrual flow period

Each range represents the grams of liquid that can be absorbed by all manufacturers' tampons based on a standardized laboratory test. Use this information to compare the absorbencies of different tampon brands available in the market.

# **Toxic Shock Syndrome**

TSS is a rare but serious and sometimes fatal disease associated with tampon use. About half of the cases are associated with tampon use and the remainder half occurs in women who are not menstruating, men and children.

What are the warning signs?

Sudden high fever (usually 38.8C/102F or more), vomiting, diarrhea, fainting or near fainting when standing up, dizziness or a rash that looks like sunburn. Other signs include aching of muscles and joints, redness of the eyes, sore throat and weakness.

TSS can rapidly progress from flu-like symptoms to a serious illness that can be fatal. If you have one or more of these warning signs, immediately remove your tampon and contact your physician. TSS is a treatable disease by early recognition.

There is a risk of TSS to all women using tampons during their menstrual period. Scientists believe that TSS requires toxins produced by *Staphylococcus aureus*, a bacterium that sometimes causes infections.

- it has been estimated that 1-17 of every 100,000 menstruating women and girls will get TSS each year. The risk is reported to be higher for teens and women under 30.
- Studies indicate higher absorbency tampons increase the risk of getting TSS. Therefore, to reduce the risk of getting TSS, use a tampon with the minimum absorbency needed for your menstrual flow.
- You can also reduce the risk of TSS by alternating tampon use with feminine pads. You can avoid the risk of tampon associated TSS by not using tampons.
- Consult your doctor if you have any questions about TSS, tampon use, or have experienced any warning symptoms of TSS in the past.