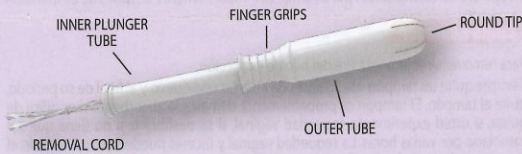


# PLASTIC Applicator Tampons

Usage Directions READ BEFORE USING AND SAVE THIS INFORMATION ABOUT THESE TAMPONS



It is recommended to wash your hands before inserting your tampon.



### How an Applicator Tampon Works:

If this is the first time you are using an applicator tampon, you may want to look at the applicator first and understand how it works before inserting it.

**CAUTION:** Do not push the tampon out of the applicator tube before inserting the applicator into your body.

Observe the applicator. It has a rounded tip and a glossy finish so that it will comfortably slide into your vagina. There are two plastic tubes. The rounded end on the wider tube is the top of the applicator; the tampon is inside of this tube. The smaller tube on the bottom is used to push the tampon out of the applicator.

You cannot see the tampon when you look at the applicator. It is an absorbent pellet inside the wide plastic tube with a cord attached. The tampon absorbs menstrual fluid. The cord is used to remove the tampon after use.



### To Insert:

- 1 Choose a comfortable position. You may want to sit on the toilet with your knees apart or stand with one foot on the toilet or squat with your knees apart. It is important to relax your muscles in the vagina for comfortable insertion.
- 2 Remove the wrapper. Hold the inner tube firmly and pull on the removal cord to make sure it is securely attached to the tampon. Now, place your thumb and middle finger on the finger grips on the bottom of the outer tube. Place your forefinger at the very end of the inner tube at the bottom of the applicator.
- 3 Use your fingers on your other hand to pull apart your skin on both sides of your vaginal opening. Now put the rounded tip of the plastic applicator at the vaginal opening.
- 4 Point the applicator toward your lower back and gently push it into your vagina in the direction of least resistance, until your fingers touch your body.
- 5 Keep a firm grip on the outer applicator tube and use your forefinger to push the end of the lower tube until it is all the way in the outer tube. Now remove the plastic applicator. Make sure you are not touching the cord as you remove the applicator. The applicator should now be wrapped in toilet paper and thrown in the trash. Do Not Flush this product.
- 6 When the tampon is inserted correctly you will not feel it. If you are uncomfortable, the tampon may not be inserted deeply enough into your vagina. To feel more comfortable, you can push the tampon in further with your middle finger or remove the tampon and try again with a new tampon.
- 7 The need to change your tampon will depend on your individual flow; however, you should change your tampon at least every 4 to 8 hours to reduce the risk of TSS.

8 A tampon can be worn overnight for up to 8 hrs. Make sure to replace it by a new one immediately after waking up.

### To Remove:

To remove simply pull on the removal cord. Remember to always remove a used tampon before inserting a fresh one and remove the last tampon at the end of your period.

Your tampon is probably too absorbent if the tampon is hard to remove, you experience vaginal dryness, if a tampon shreds, or if it does not need to be changed for several hours. Vaginal dryness and ulceration may occur when a tampon is too absorbent for your flow.

Frequent flushing of tampons is not recommended for septic systems. **Do not flush the plastic applicator or wrapper.**

### Important Information About Toxic Shock Syndrome (TSS)

TSS is a rare but serious disease that may cause death. There are scientific studies that have concluded that tampons contribute to the cause of TSS.

### Warning Signs:

Signs of TSS are: sudden fever (usually 102° F or more) and vomiting, diarrhea, fainting, or near fainting when standing up, dizziness, or rash that looks like sunburn. Other signs include aching of muscles and joints, redness of the eyes, sore throat and weakness. If these signs of TSS appear, you should remove the tampon at once discontinue use, and see your doctor immediately.

Seek medical attention before again using tampons if TSS warning signs have occurred in the past. The reported risks are higher in women under 30 years of age and teenage girls. The incidence of TSS is estimated to be between 1 and 17 cases of TSS per 100,000 menstruating women and girls per year.

### Reduce the Risk:

- Follow the directions for tampon insertion and use.
- Use the lowest absorbency tampon for YOUR flow.
- Do not extend the wear time by using higher absorbency tampons and change tampons at least every 4-8 hours.
- It is preferable to avoid using tampons overnight and use a pad instead.
- Remove your last tampon at the end of your period.
- Do not use tampons between periods.
- Alternate tampons and pads to avoid continuous use of tampons.
- You can reduce the risk of developing TSS by not using tampons.
- Know the WARNING SIGNS of Toxic Shock Syndrome

Our Plastic Applicator Tampons are available in two ranges of absorbencies:

Regular	6-9 grams
Super	9-12 grams

Each Range represents the grams of fluid that can be absorbed by all manufacturers' tampons based on a standardized laboratory test. Use this information to compare the absorbencies of our tampons to other brands.

If you have any further questions about TSS or tampon use, please check with your doctor.

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