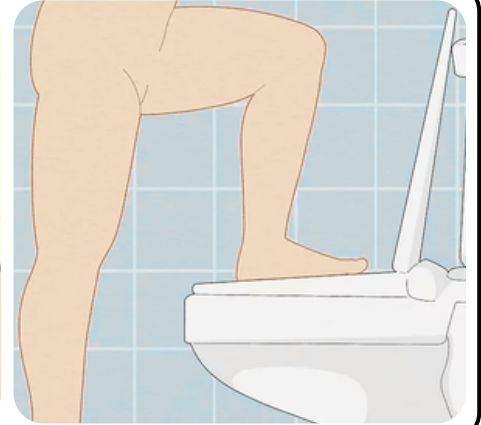


# Inserting a Menstrual Disc Using an Applicator:

## 1. Comfortable position

Find a comfortable position that opens your vagina.

Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



## 3. Lubricate applicator

Rub lubricant on the inside and outside of the applicator.

It will take practice to figure out how much to use- start with 2 pea sized globs of lubricant.



## 4. Lubricate disc

Rub lubricant to the outside of the menstrual disc- especially the rim.

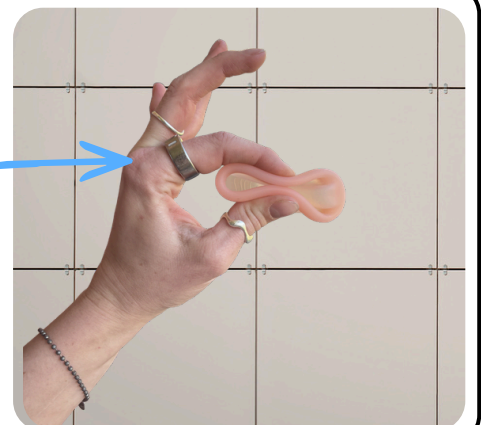
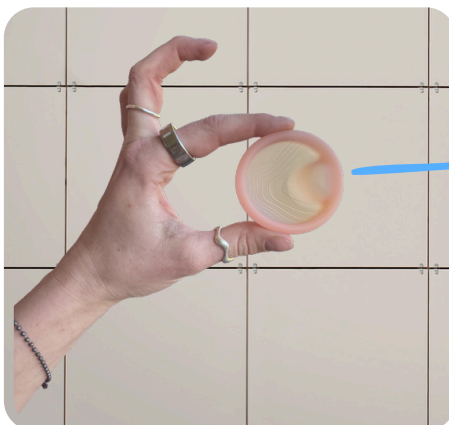
It will take practice to figure out how much to use- start with 2 pea sized globs of lubricant.



## 5. Pinch Disc

Hold the cup by the rim with pointer finger & thumb. Pinch the sides together to form an 8 shape.

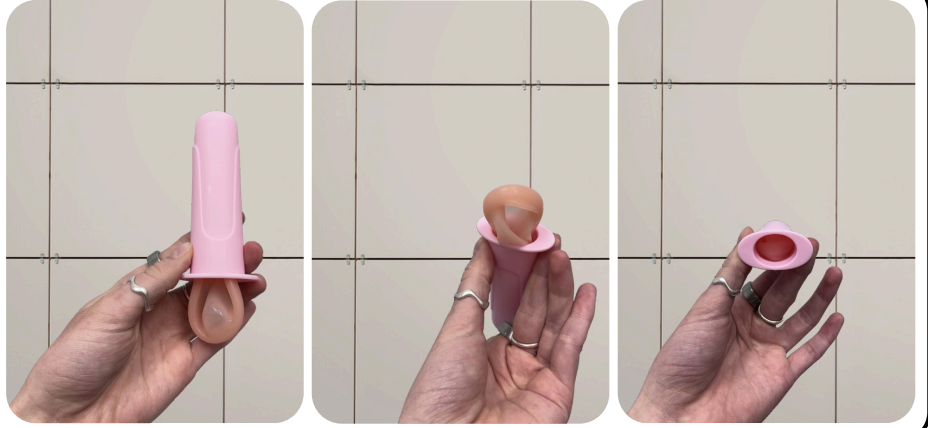
If using cup with removal notch/string, position it to one side.



## 6. Put disc in applicator

Slide the disc into the hole in the back of the applicator (the wider hole) with the removal notch/string being the last thing that enters.

If it is not sliding in easily add more lubricant.



## 7. Insert plunger

Insert the plunger into the hole in the back of the applicator.

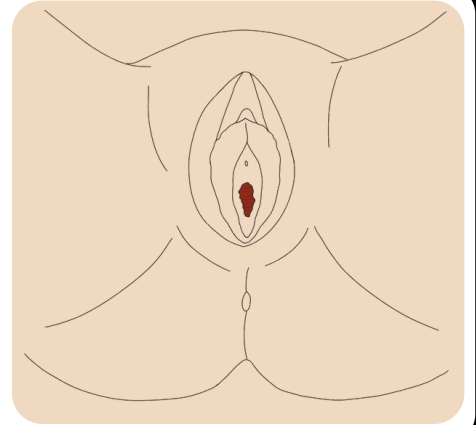
It will only go in a small amount at first- don't push it too far or the disc will come out!



## 8. Find vaginal opening

Use your fingers or applicator to find your vaginal opening. You may need to spread your labia to the side to find it.

It may help to insert your finger into your vagina to understand its direction.

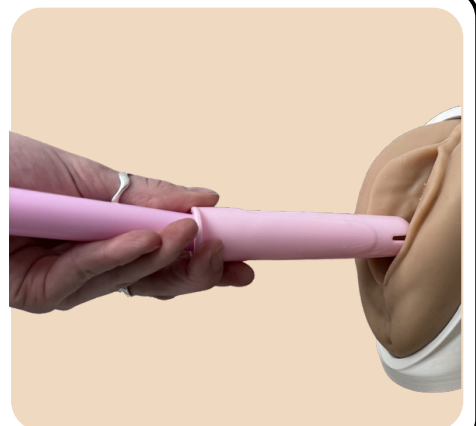


## 9. Position applicator

Position the applicator in your vaginal opening.

Angle it toward your tailbone-- avoid pointing straight up!

Removal notch/string is the last part to enter vagina.



## 10. Insert Applicator

Slowly slide the applicator inside your vagina--stop when your fingers touch your vaginal opening.

Adjust the angle of the applicator if you're uncomfortable--back towards tailbone, not straight up!



## 11. Push in plunger

Use your pointer finger or thumb to push the plunger (the back half of the applicator) in towards your body.

The plunger pushes the disc out of the applicator and into your vagina.



## 12. Remove applicator

Pull the applicator out of your vagina.

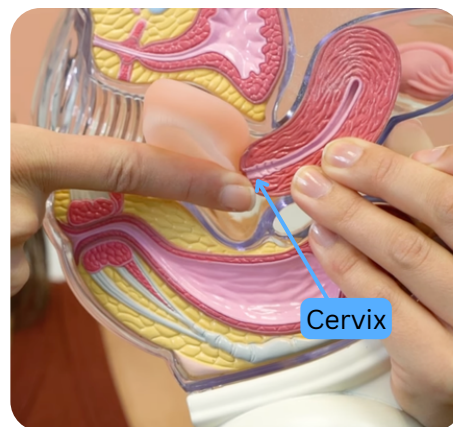
The disc will be left in your vagina.



## 13. Check position

Insert finger underneath the bottom of the disc & feel for cervix--if you can feel your cervix, remove disc and insert again.

Your disc will sit at a diagonal angle when positioned correctly.

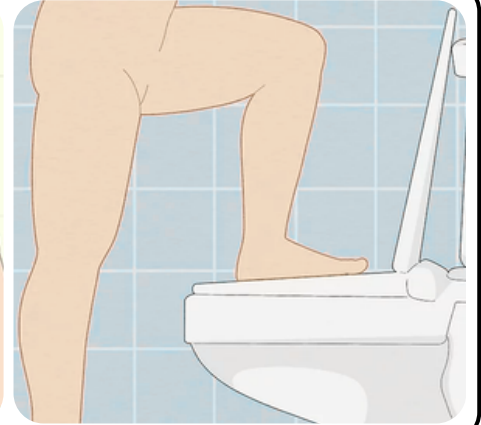


# Removing a Reusable Menstrual Disc:

## 1. Comfortable position

Find a comfortable position that opens your vagina.

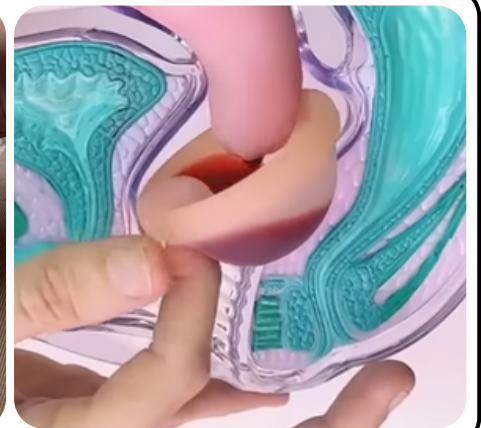
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



## 2. Grasp disc

Insert fingers into vagina and locate disc.

Hook fingers around the removal notch, hold removal string, or pinch the rim.



## 3. Pull disc out

Gently pull disc out of vagina.

Try to keep it level to avoid spilling--leaning back while you pull can be helpful to minimize spills.



## 4. Empty & rinse disc

Dump the blood out of the disc into the sink, toilet, or shower.

Rinse the disc with warm water in the sink before re-inserting.

