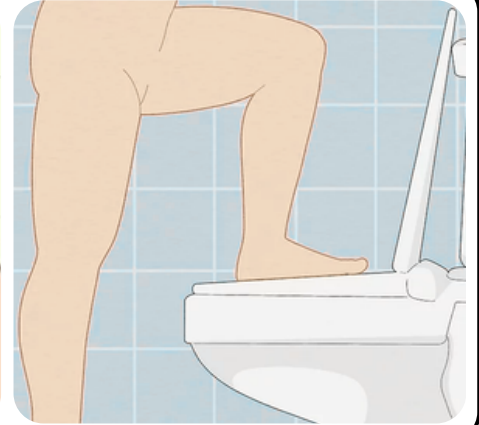


# Inserting a Menstrual Disc:

## 1. Comfortable position

Find a comfortable position that opens your vagina.

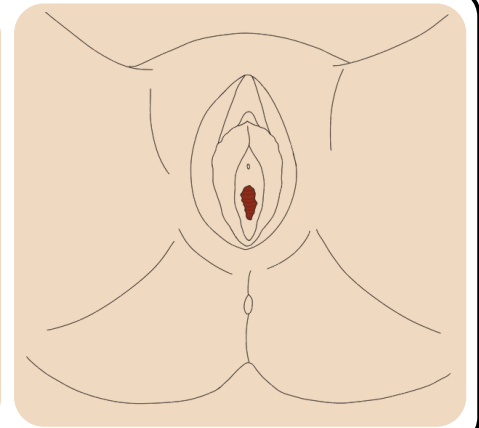
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



## 2. Find vaginal opening

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

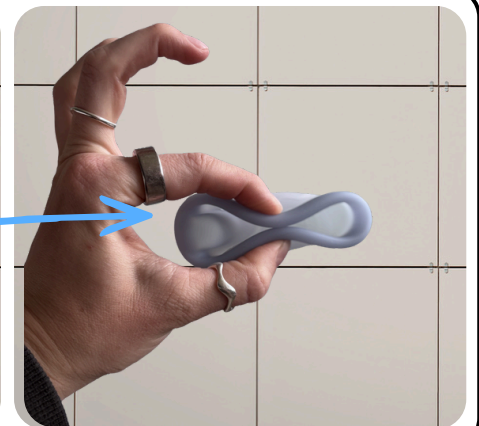
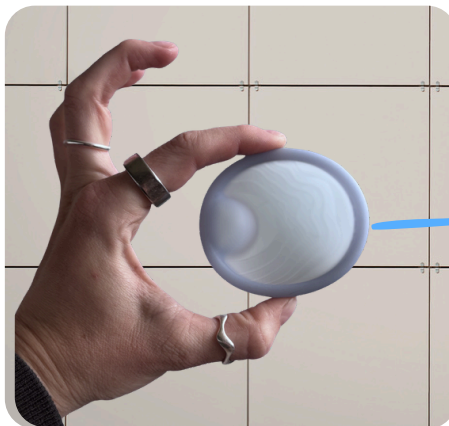
It may help to insert your finger into your vagina to understand its direction.



## 3. 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.

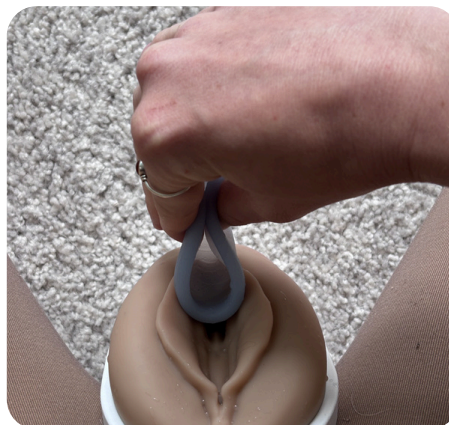


## 4. Position disc

Position the disc in your vaginal opening.

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

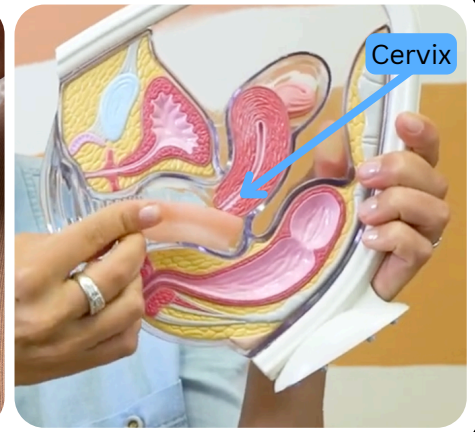
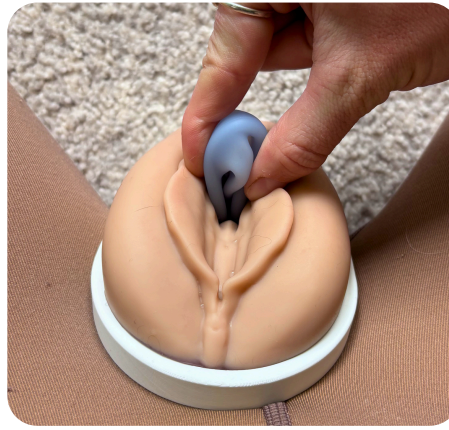
Removal notch/string is the last part to enter vagina.



### 5. Fold Disc

Slide disc into vagina horizontally until fully inside vaginal canal.

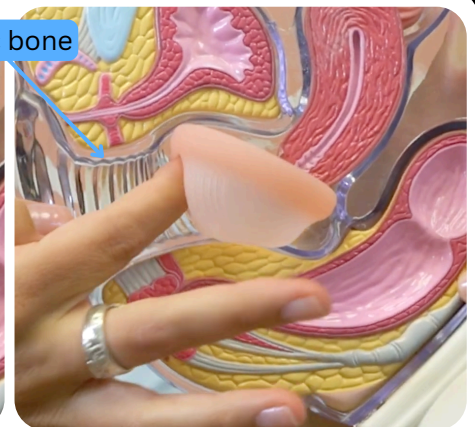
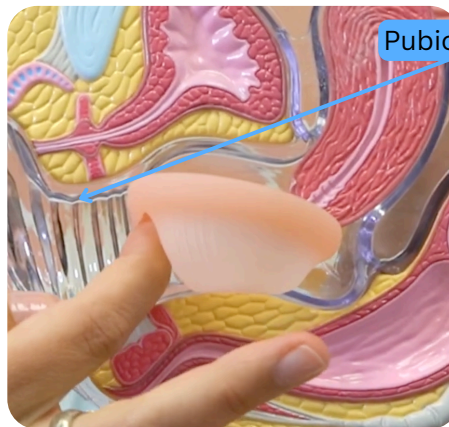
The disc will sit right below your cervix.



### 6. Tuck behind pubic bone

Push front of rim up to tuck behind pubic bone.

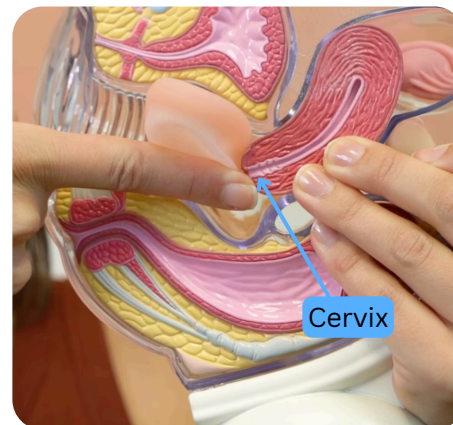
Disc will open inside vagina once tucked.



### 7. 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.

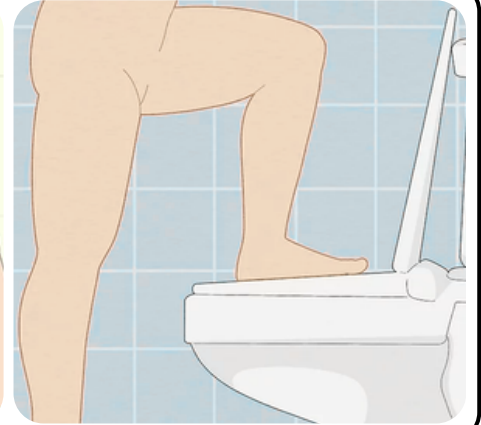


# Removing a Reusable Menstrual Disc:

## 1. Comfortable position

Find a comfortable position that opens your vagina.

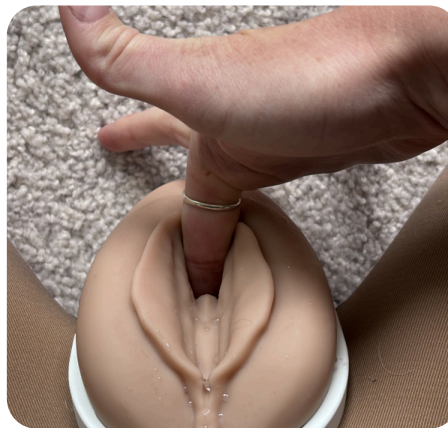
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



## 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.

