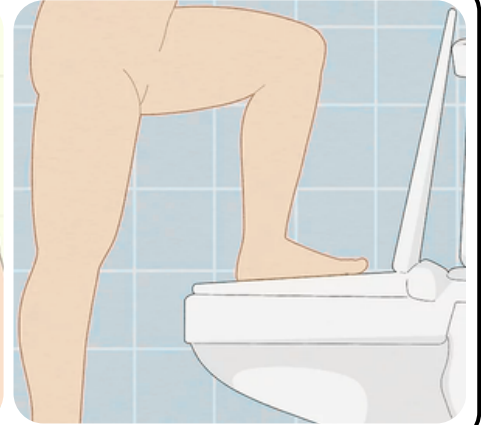


How to Insert a Tampon:

1. Comfortable position

Find a comfortable position that opens your vagina.

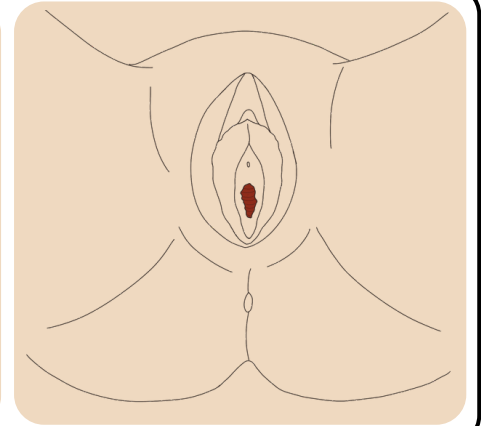
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



2. Find vaginal opening

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

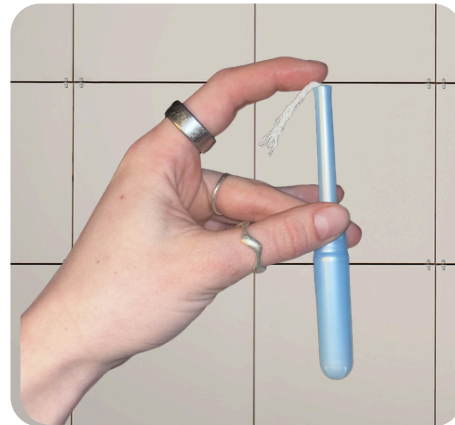
It may help to insert your finger into your vagina to understand its direction.



3. Hold tampon applicator

Hold the applicator by pinching the middle (often textured) with your middle finger and thumb.

Your pointer finger rests at the end.



4. Position applicator

Press the tip of the applicator into your vaginal opening.

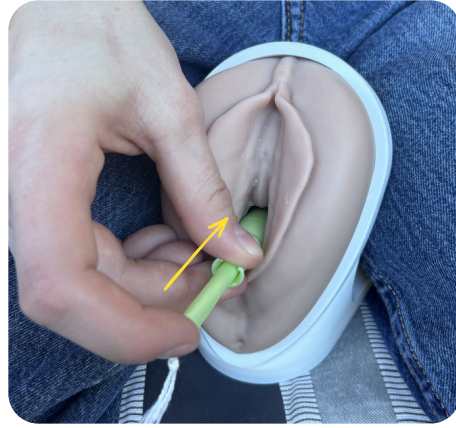
Angle the applicator toward your tailbone--avoid pointing straight up!



5. Insert applicator

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

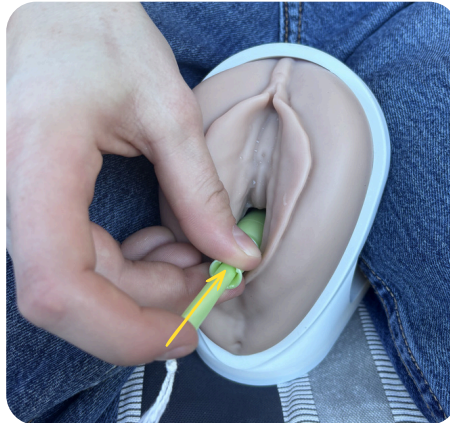
Adjust the angle of the applicator if you're uncomfortable--back towards tailbone, not straight up!



6. Push in plunger

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

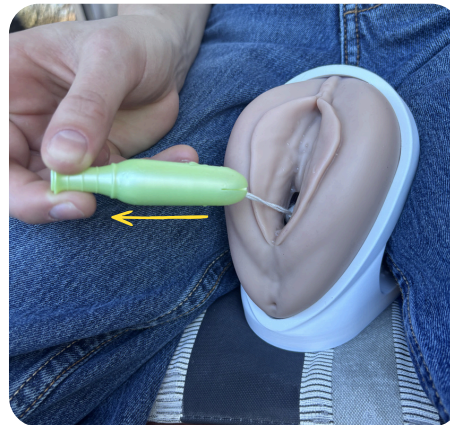
The plunger pushes the tampon out of the applicator and into your vagina.



7. Remove applicator

Pull the applicator out of your vagina.

The tampon will be left in your vagina and its string will be visible.



8. Adjust if needed

If you can feel the tampon once the applicator is removed, it is likely not in far enough.

Use your finger to push the tampon in further or get a new tampon and try again!

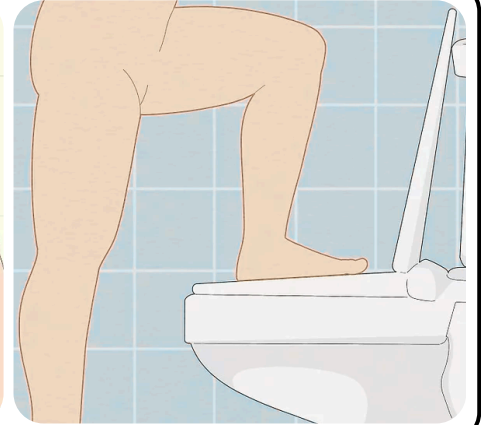


How to Remove a Tampon:

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 tampon string

Use your fingers to find the tampon string.

Sometimes the string gets hidden in the folds of your labia.



3. Pinch string

Pinch the tampon string with your fingers.

Holding the part of the string closer to your body is helpful.



4. Pull out tampon

Gently pull the string until the tampon slides out of your vagina.

Throw away the used tampon.

