

EN - INSTRUCTION FOR USE OF SANITARY PROTECTIONS

ORGANIC COTTON TAMPONS (02/10)

We recommend that you read these instructions before use.

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DIGITAL TAMPONS AND TAMPONS WITH APPLICATOR

The tampon is a product reserved for feminine hygiene offering comfort and security. Good practices must be respected. The tampon is destined to be inserted inside the vagina in order to absorb the menstrual blood. Women who wear tampons for the first time might have to try several times before inserting it in a way that makes them feel comfortable and secure, it is perfectly normal.



TAMPON LIGHT FLOW
●○○○
<6g



TAMPON REGULAR FLOW
●●○○
6-9g



TAMPON HEAVY FLOW
●●●○
9-12g



TAMPON VERY HEAVY FLOW
●●●●
12-15g



Made with Organic Cotton
Certified by ICEA G00048

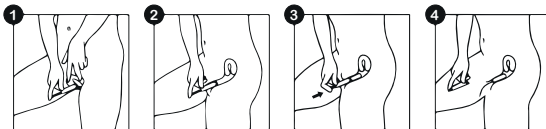
DIGITAL TAMPON COMPOSITION: organic cotton, biodegradable cellulosic paper.

TAMPON WITH APPLICATOR COMPOSITION: organic cotton, cardboard, biodegradable cellulosic paper.

HOW TO INSERT A TAMPON WITH APPLICATOR?

1. Wash your hands and remove the wrapping from the tampon.
2. Settle down in a comfortable position, with your muscles relaxed. The stand up position allows easy access to the vaginal area with your knees slightly bent and separated, or with one foot on the toilet.
3. Hold firmly the applicator by the end piece, between the thumb and the middle finger by placing your fingers on the small ridged rings. Make sure the string is well deployed on the inside of the applicator.
4. Spread the labia located at the opening of the vagina (where the menstruation flows) ①. With your other hand, insert the tube in the vagina. Slide gently the applicator into the vagina until your fingers touch your body ②. With the index, slide the inner tube into the outside one, until both edges meet ③. This will slide the tampon out of the applicator to position it properly inside the vagina.

5. Gently remove the applicator. The string will hang outside of your body ④.
6. When placed correctly, you should not feel the tampon. If you are uncomfortable it might mean that you haven't push the tampon deep enough. You must take out the tampon and put a new one, while making sure to insert it deeply enough.
7. Wash your hands once again.



A TAMPON MUST BE CHANGED EVERY 6 HOURS MAXIMUM.

Alternative solutions to tampons exist such as sanitary pads. Choose the absorbency level that is right for your menstrual flow. If in doubt about using tampons, always use tampons with the lowest level of absorbency possible.

HOW TO INSERT A DIGITAL TAMPON?

1. Wash your hands and remove the wrapping from the tampon by twisting it.
2. Settle down in a comfortable position, with your muscles relaxed. The stand up position allows easy access to the vaginal area with your knees slightly bent and separated, or with one foot on the toilet.
3. Unwrap and pull the tampon string to unravel it fully. Check that the 2 ends of the string are connected.
4. Sink your index within the hollow located at the end of the tampon. With your other hand, spread the labia located at the opening of the vagina (where the menstruation flows) ①.
5. Insert the tampon inside the vagina; it is easier if the body is relaxed ②.
6. Push the tampon inside the vagina as deep as you can ③. The string will hang outside of your body ④.

7. When placed correctly, you should not feel the tampon. If you are uncomfortable it might mean that you haven't push the tampon deep enough. You must take out the tampon and put a new one, while making sure to insert it deeply enough.
8. Wash your hands once again.

HOW TO WITHDRAW A TAMPON?

1. Wash your hands before taking the tampon out.
2. Settle down in a comfortable position, with your muscles relaxed. The seated position over the toilets allows to take out the tampon more easily.
3. Gently pull over the string of your tampon. If the string detached itself and you don't succeed in pulling it by yourself, see a gynecologist.
4. Once taken out, never flush a tampon in the toilets, dispose of it in a garbage, as of the applicator and the tampon wrapping.
5. Wash your hands once more.

DO NOT FLUSH USED OR UNUSED TAMPONS IN THE TOILETS.



TOXIC SHOCK SYNDROME (TSS) INFORMATION

TSS is a rare, but potentially serious, or even fatal infection. It is caused by a toxin produced by a bacteria (*Staphylococcus aureus*) commonly found in the body. Symptoms of TSS may appear suddenly during your periods or immediately after. Symptoms are similar to those associated with the common flu and include: sudden high fever (>39°C), muscle aches, vomiting, diarrhea, headache, dizziness, fainting, or skin rashes similar to sunburn, sore throat. If you experience any of these symptoms while using tampons remove it and contact your doctor immediately. Do not use tampons or any other intravaginal device if you have suffered from TSS or if you are severely immunocompromised. We recommend you to use external periodic protections (pantyliners, sanitary pads, reusable pads,...) overnight, in order to diminish the risk of developing a toxic shock syndrome.

WARNINGS/CONTRAINDICATIONS

- Use only one tampon at a time.
- Check that you have always removed your tampon before inserting another.
- Be sure to remove all tampons at the end of your periods and do not use tampons outside of your periods.
- If you observe white fibers when removing your tampon, it may not be fully soaked yet. You may consider going for a lighter absorption capacity.
- Do not use tampons in case of allergies to component(s).
- In case of irritation, burning sensation, urinary discomfort, pain, cease immediate use of the product and contact a doctor.
- In case of vaginal infection, do not use tampons.
- Take out your tampon before sexual intercourse.
- Tampons do not protect against sexually transmissible infections.
- Tampons are no contraceptive.
- If you wear a contraceptive such as a vaginal ring, ask your doctor's opinion before using a tampon.
- Do not use in association with other internal device and intravaginal treatments (menstrual cup, egg...).
- Do not use tampons for bleeding soon after or within the first 24h after Intrauterine Device (IUD) insertion.
- After labor, vaginal wound, surgery, miscarriage or termination, wait until the vagina has recovered before using tampons.
- Take out your tampon before any medical examination, medical imaging examination included.
- Keep tampons out of reach for children.
- Keep tampons out of reach for animals.
- Hymen might not be preserved with the use of tampons or others internal devices.
- If you wear long fingernails, be careful with micro-vaginal injuries during insertion and removal of the tampon.