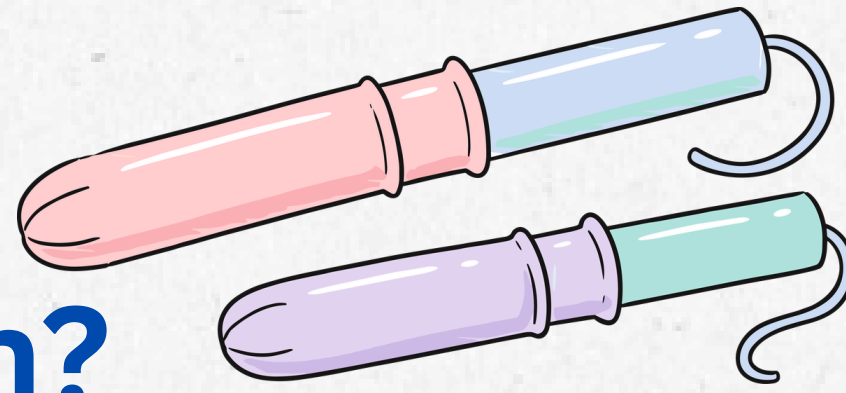


Tampons



What is a tampon?

It's a small soft absorbent cotton placed inside the vagina during a period.

Some have an applicator; some do not.

They come in different absorbencies.

How does it work?

When placed correctly the cotton material absorbs the menstrual blood.

It can be left in place for 4-8 hours (max).



There is no "right-age" required to start using a tampon.

Tampons - brands with positive reviews for beginners

Tampax Pearl
Light



U by Kotex
Security Tampons



Playtex Simply
Gentle Glide



Seventh Generation
Tampon with Comfort
Applicator



Tampons

How do you use one?

The prep before.

- 1) Wash your hands.
- 2) Review of anatomy: Know where the vaginal opening is (its ok to use a mirror), it sits between the urethra (where pee comes out) and anus (where poop comes out).
- 3) Start with a smaller light or super light absorbency, with a smooth plastic applicator.



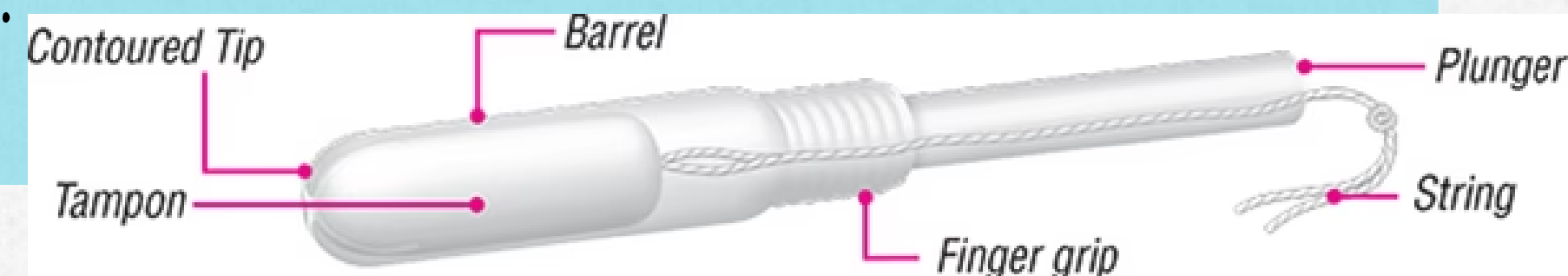
*Tip - Try on a medium to heavy day. Don't practice outside of your cycle.

Tampons

How do you use one?

Now its time.

- 1) Take a few breaths, this is new.
- 2) Find a position that is comfortable for you. (This is important when learning)
 - Sitting on the edge of the toilet seat with knees apart.
 - Standing and having one foot on a stool, or end of the tub.
 - In the shower (while its running with warm/hot water, and a stool in the shower)
 - Laying in the tub (no water) and one leg resting on/over the edge.
- 3) Breathe again and unwrap the tampon.
- 4) Hold the applicator (if its a compact tampon, you'd now click out the pluger).
Hold the grip with your thumb and middle finger.



Tampons

How do you use one?

- 5) Find the vaginal opening, place just the tip of the plastic applicator in.
- 6) Find the angle... a tampon is NOT inserted up, its inserted back- at a 45degree angle, think-towards your lower spine.
- 7) Breathe again, now insert the plastic applicator all the way in till your fingers holding the grip touch your skin.
- 8) Use your pointer/index finger to push in the plunger all the way. This will push the tampon into your vagina and out of the tampon applicator.
*This should NOT hurt! It can sometimes feel funny, like your uterus does a flip, but not painful.
- 9) Remove the applicator, (make sure you have both pieces), you can then place the applicator back into the wrapping and toss it into the garbage can.
- 10) The string of the tampon should be outside of your body.
- 11) Wash your hands.

Tampons

What if its not working...



That's ok!!

It can be tricky at first. Don't feel discouraged.

Show yourself patience and grace as you learn.

Try a different brand next time.

You can always ask for help!

Talk to your parent, talk to another swimmer or a friend for advice.

Don't forget you can talk to your coaches too.

*If you're really feeling frustrated and trying all the tips and tricks you've learned from everyone around you, another healthy option is to talk to your health care provider.

Tampons

When and How do you remove it?

You can remove it at anytime!

Remember, it can only stay inside your body for a max of 8 hours!



- 1) Wash your hands.
- 2) Get some toilet paper ready (for the tampon to go into)
- 3) Find the string.
- 4) Take a deep breath, and gently pull the tampon out at that same 45 degree angle.
- 5) Place the tampon in the toiletpaper and toss it into the garbage.



You cannot flush a tampon down a toilet.

IMPORTANT!

Common Tampon Questions

Can a tampon get “lost” in my body?

No, vaginal cavity is only 3-5 inches blocked by a narrow cervix. It's a dead end. The cervix also prevents it from going too far.

Do tampons take my virginity?

No. A tampon is just a period protection product. It has nothing to do with virginity. It's a medical device that is inserted inside the vaginal canal to absorb menstrual blood.

Can I pee with a tampon in?

Yes, a tampon goes in your vaginal opening. You pee from your urethra. You may want to make sure the string is out of the way (hold it off to the side) so you don't pee on it.

Common Tampon Questions

How come it feels funny when it's in?

A properly inserted tampon sits high enough in the vaginal canal that it cannot be felt at all. If it rubs or causes discomfort, it was likely not put in high enough, you should take it out and try a fresh one.

What if I put it in the wrong hole?

You cannot accidentally put a tampon in your pee hole (urethra) because it is too small. The tampon goes into the middle opening, which is the vagina. Using a hand mirror can help you see where things are

What is Toxic Shock Syndrome (TSS)?

TSS is a rare, serious bacterial infection linked to leaving a tampon in for too long or using an absorbency that is too high. Warning signs include a sudden high fever, vomiting, diarrhea, and a sunburn-like rash. If you feel these symptoms, remove the tampon, let your parents know, and follow up right away with your health care provider.