



BECAUSE GORGEOUS CAN'T TAKE 5 TO 7 DAYS OFF

## READ BEFORE USING AND SAVE THIS INFORMATION ABOUT THESE TAMPONS:

TSS is a rare but serious disease that may cause death. There are scientific studies that have concluded that tampons contribute to the cause of TSS.

### WARNING SIGNS:

SIGNS OF TSS ARE SUDDEN FEVER (USUALLY 102° F OR MORE) AND VOMITING, DIARRHEA, FAINTING, OR NEAR FAINTING WHEN STANDING UP, DIZZINESS, OR RASH THAT LOOKS LIKE SUNBURN. OTHER SIGNS INCLUDE ACHING OF MUSCLES AND JOINTS, REDNESS OF THE EYES, SORE THROAT, AND WEAKNESS. IF THESE SIGNS OF TSS APPEAR, YOU SHOULD REMOVE THE TAMPON AT ONCE, DISCONTINUE USE, AND SEE YOUR DOCTOR IMMEDIATELY.

The reported risks are higher in women under 30 years of age and teenage girls. The incidence of TSS is estimated to be between 1 and 17 cases of TSS per 100,000 menstruating women and girls per year.

*See other side for Usage Instructions.*

## WARNING: Important information about Toxic Shock Syndrome (TSS)

### REDUCE THE RISK:

- Follow the directions for tampon insertion and use. (See insert back.)
- Use the lowest absorbency tampon for YOUR flow.
- Do not extend the wear time by using higher-absorbency tampons and change tampons at least every 4–8 hours.
- Remove your last tampon at the end of your period.
- Do not use tampons between periods.
- Alternate tampons and pads to avoid continuous use of tampons.
- Not using tampons.
- Know the WARNING SIGNS of Toxic Shock Syndrome.
- Tampons should not be worn overnight.
- If an allergic reaction or irritation occurs from using tampons, discontinue use and consult a medical professional.

Plastic Applicator Tampons are available in four ranges of absorbencies: Light Absorbency (Less than 6 grams), Regular Absorbency (6–9 grams), Super Absorbency (9–12 grams) and Super Plus Absorbency (12–15 grams).

Each range represents the grams of fluid that can be absorbed by all manufacturers tampons based on a standardized laboratory test. Use this information to compare the absorbencies of the tampons to other brands.

If you have any further questions about TSS or tampon use, please check with your doctor.

# USING LOVEJANE TAMPONS

Confidence is beautiful. And when it comes to using tampons there is no reason not to be confident. We're here to help. **Please wash your hands before you get started.**

## HOW AN APPLICATOR TAMPON WORKS:

If this is the first time you are using a compact applicator tampon, you may want to look at the applicator first and understand how it works before inserting it.

**CAUTION:** *Do not push the tampon out of the applicator tube before inserting it into your body.*

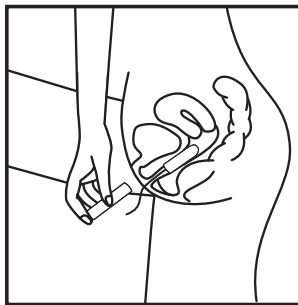
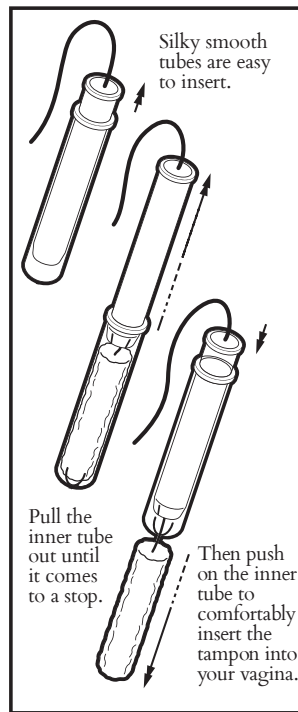
Observe the applicator. It has a rounded tip and a glossy finish so that it will comfortably slide into your vagina. There are two plastic tubes, one inside the other. The rounded end on the wider tube is the top of the applicator. The smaller tube on the bottom is used to push the tampon out of the applicator. The tampon is inside the inner/smaller tube. In order to use the compact tampon you have to pull the inner tube out first until it comes to a stop at the bottom of the outer tube. Now, it can be used to push the tampon out of the applicator.

You cannot see the tampon when you look at the applicator. It is an absorbent pellet inside the wide plastic tube with a cord attached. The tampon absorbs menstrual fluid. The cord is used to remove the tampon after use.

## TO INSERT:

1. You may want to sit on the toilet with your knees apart, stand with one foot on the toilet, squat with your knees apart or use your favorite Pilates move, it's up to you. There is no need to be tense. Do try to relax your muscles in your vagina for comfortable insertion.

2. After removing the outer wrapper, pull the inner tube out until it comes to a stop at the bottom of the outer tube. Hold the inner tube firmly and pull on the removal cord to make sure it is securely attached to the tampon. Now, place your thumb and middle finger on



the finger grips on the bottom of the outer tube. Place your forefinger at the very end of the inner tube at the bottom of the applicator.

3. Use your fingers on your other hand to pull apart your skin on both sides of your vaginal opening. Now put the rounded tip of the plastic applicator at the vaginal opening.

4. Point the applicator toward your lower back and gently push it into your vagina in the direction of least resistance.

5. Keep a firm grip on the outer applicator tube and use your forefinger to push the end of the lower tube until it is all the way in the outer tube. Now remove the plastic applicator. Make sure you are not touching the cord as you remove the applicator. The applicator should now be wrapped in toilet paper or a LoveJane disposable bag and thrown in the trash. Do not flush the applicator.

6. When the tampon is inserted correctly you will not feel it. If you are uncomfortable, the tampon may not be inserted deeply enough into your vagina. To feel more comfortable, you can push the tampon in further with your middle finger or remove the tampon and try again with a new tampon.

7. The need to change your tampon will depend on your individual flow; however, you should change your tampon at least every 4 to 8 hours to reduce the risk of Toxic Shock Syndrome (TSS).

*Please read the important information on tampon-related Toxic Shock Syndrome on the other side of this paper.*

## TO REMOVE:

To remove the tampon simply pull on the removal cord. **Remember to always remove a used tampon before inserting a fresh one, and to remove the last tampon at the end of your period.** Flushing of tampons is not recommended for septic systems.

Your tampon is probably too absorbent if the tampon is hard to remove, you experience vaginal dryness, if a tampon shreds or if it does not need to be changed for several hours. Vaginal dryness and ulceration may occur when a tampon is too absorbent for your flow.