

# All About TAMPONS

## What is a tampon?

A tampon is a product that is used to absorb blood and vaginal secretions during menstruation. Most tampons are made of two parts: the applicator (a) which contains the tampon (b). However, some tampons do not come with applicators.



## Which size is best?

When choosing a tampon, consider your menstrual flow (the amount of blood released during your period). You should select the lowest tampon absorbency needed to control your flow. You'll know if it's the right absorbency if you can leave the tampon in for 4-8 hours and it does not leak or cause pain during removal. It is important to note that your flow can change throughout your menstrual cycle, so you may have to use different absorbencies. If you are bleeding through a super (or higher) absorbency tampon in less than 2 hours, be sure to talk to your doctor.



Light flow? Try a light absorbency.



Medium flow? Try a regular absorbency.



Heavy flow? Try a super (or higher) absorbency.

## Inserting a Tampon



1. With clean hands, unwrap the tampon. Some tampons are designed to be more compact and will require you to pull out the inner tube of the applicator\* (see image on the left).



2. Get comfortable. You can try sitting on the toilet with your knees apart or standing with one foot on the toilet seat. If you are nervous, take a few deep breaths. It is normal to be nervous, but it is easier to insert a tampon when you are relaxed.



3. With your thumb and middle finger, hold the groove of the applicator with the string facing away from you.



4. Place the rounded applicator tip into your vaginal opening at a 45° angle.



5. Gently slide the applicator up your vagina canal until the groove of the applicator reaches your vaginal opening.

6. Push the inner tube of the applicator into the outer tube with your pointer finger. This will release the tampon.

7. Remove the applicator from your vagina. The tampon should now be positioned with the string hanging outside of your body.

8. Discard the applicator and wrapper in the trash. Do not flush!

\*Not all tampons come with an applicator. The insertion process is similar without an applicator, however, you will use your fingers to guide the tampon up the vaginal canal.

## Removing a Tampon

Tampons must be changed every 4-8 hours. To remove a tampon, wash your hands and get into the position you found comfortable during insertion. Relax your muscles and gently pull down on the string that is hanging outside of your vagina. The tampon should slide out easily. Wrap the tampon in toilet paper and discard in the trash. Like the applicator, it should not be flushed down the toilet!

