

# Softdisc™

Please read and understand all instructions before using Softdisc. If you have questions, please visit [Softdisc.com](http://Softdisc.com) for video tutorials, FAQs and more.

Softdisc is non-toxic, hypo-allergenic, made without natural rubber latex and safe when used as directed.

Remember the first time you used a tampon? Well, Softdisc is just as simple once you understand the steps. It may seem awkward to insert or remove at first. That's OK, other people have also experienced that.

#### Here are some tips to get you started:

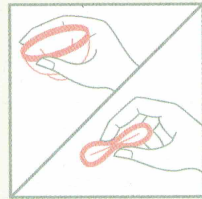
- Start your trial on a lighter flow day or at bedtime to get to know how your body works with Softdisc.
- Unlike a tampon, when inserting Softdisc, push back and down (not up) for proper placement.
- When removing Softdisc, bear down with your pelvic muscles, which will push Softdisc into the vaginal canal, making it easier to reach with your finger.
- Keep Softdisc level as you pull it out. It can be a bit messy the first few times, so remove Softdisc while sitting on the toilet or in the shower. With practice, removal becomes easier and less messy.



4

To remove Softdisc, wash your hands and relax. Sit on the toilet with your knees apart and insert your finger into the vaginal canal toward the pubic bone. Hook your finger around the rim and pull straight out keeping Softdisc horizontal to the floor. If you have trouble hooking your finger around the rim, bear or push down.

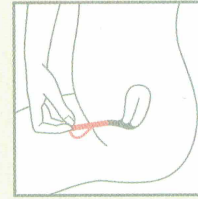
Place Softdisc inside the wrapper and throw it away. DO NOT flush Softdisc.



1

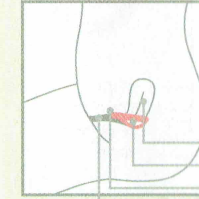
Wash your hands and relax. Sit on the toilet with your knees apart.

Hold Softdisc so the bottom of the catch hangs down. Squeeze the opposite sides of the rim together.



2

Keeping the rim squeezed together, insert Softdisc completely into your vagina. Use your finger to push the disc downward and back to form a seal around the cervix. It will slide into place under the cervix. Tuck the top of the rim behind your pubic bone to create a seal.



3

uterus  
Softdisc  
pubic bone  
vagina

If you can feel Softdisc in the vaginal canal, the disc is probably not placed far enough inside you. Just remove and try again.

**Softdisc is designed for single use and must be changed after 12 hours.**

#### WARNINGS:

Do not use the Softdisc if you are using an intrauterine device (IUD), as there is a risk of dislodging, displacing or removing the IUD by pulling on the IUD string when removing the Softdisc.

If you have ever had Toxic Shock Syndrome (TSS), do not use Softdisc or any other internally worn product.

Immediately following childbirth, gynecological surgery, miscarriage, or termination of pregnancy, consult your physician before using Softdisc.

Softdisc is not a contraceptive and does not provide protection against sexually transmitted infections (STIs).

If you experience any adverse events with Softdisc, discontinue use and consult your physician.

If you have problems with Softdisc, please call or email customer service at +1 800 931 0882 or [hello@softdisc.com](mailto:hello@softdisc.com).

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#### What you need to know about Toxic Shock Syndrome (TSS)

Laboratory studies show that Softdisc does not promote growth of the bacterium *Staphylococcus Aureus*, the bacterium believed to cause Toxic Shock Syndrome (TSS). To date, we have not had any reported cases of TSS. Although TSS can occur in men, children and women, it is a disease that mostly affects menstruating women. Population studies suggest that the risk of TSS is related to tampon absorbency, the higher the tampon absorbency, the higher the risk of contracting TSS, the lower the absorbency, the lower the risk of TSS. Softdisc is non-absorbent, it holds rather than absorbs menstrual fluid. However, consumer usage of Softdisc has not been extensive enough to date to quantify the risk of TSS, if any, while using Softdisc. As a precaution, users must change Softdisc after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. The warning signs include a sudden high fever, vomiting diarrhea, a rash that looks like sunburn, dizziness, fainting or near fainting and muscle aches. TSS can progress rapidly from flu-like symptoms to a serious illness that can be fatal. If you have any of these signs and you are using Softdisc, remove it and immediately contact your physician for medical care.

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