



IF IT'S YOUR FIRST ATTEMPT

Take a deep breath...and relax. It's much easier to insert a tampon when you are relaxed.

Most women need a few tries before they can comfortably and easily insert a tampon. It is absolutely fine, if you need more than one trial. Select a low or medium flow day when using a tampon for the first time.

If you feel it is impossible to insert the tampon too far, do not worry. If you find that after insertion, the tampon is causing you discomfort, particularly while sitting down, it means that the tampon has not been properly inserted. It is stuck in the first portion of the vagina which is quite slender and relatively sensitive. All you have to do is to adjust further, you'll not feel it at all when it is properly inserted.

Stay Calm! After a few attempts you will be comfortable with organic Menarche tampons.

We assure you **"CHANGE IS GOOD"**

How to use?

Open : Wash your Hands with soap and water and pull the tear strip in the centre of the tampon. Take out the string and give it a firm tug.



Place : Sit or stand in a comfortable position. You can squat, put one leg up, or sit on the toilet seat with your knees apart.



Push and insert : With your index finger, gently insert the tampon into your vagina till the time it's not uncomfortable. If it is going in smoothly, then it means it is going in the right direction. Make sure only the string hangs out and the rest is placed inside the vagina.



Remove : Tampons have a string at one end that hangs out of your vagina. You take the tampon out by gently pulling the string. It's easier to take your tampon out when it's wet by absorbing the maximum amount of period flow it can.



What is TSS?

Toxic shock syndrome is a rare but serious illness that may be fatal. It is caused by toxins produced by the Staphylococcus Aureus (staph) bacteria which are commonly found in the nose and the vagina.

TSS can affect anyone, including men, children and postmenopausal women. Approximately one –half of the cases occur in menstruating women and girls. Menstrual TSS is associated with the use of tampons and it is more likely to occur in teenage girls and women under 30, than in older women. Early recognition and treatment of the symptoms are important.

Ways to reduce the risk of TSS

You can reduce the risk of menstrual TSS by

1. Using low flow or regular absorbency tampon
2. Changing the tampon frequently, at least every 4 to 8 hours
3. Alternatively using a sanitary pad or by using a mini pad during low flow

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CELEBRATE CHANGE WITHIN BECAUSE **CHANGE IS GOOD**



FAQ's about Menarche Tampons

What is a Menarche tampon?

A Menarche tampon is a modern form of menstrual protection worn internally in the middle section of the vagina. Once worn correctly, you won't even feel it is there and you can forget that you are on your periods.

How does a Menarche tampon work?

A Menarche tampon is made of absorbent material rolled into a cylindrical shape, apt to fit the contours of the vagina. A Menarche tampon will fit into the vaginal canal and absorb your menstrual flow for up to 8 hours, protecting you from leaks and stains.

What are the types of Menarche tampons?

There are two types of Menarche tampons- Regular Flow and High Flow.

Which is the right Menarche tampon for me?

Regular flow and High flow Menarche Tampons are

designed for different absorbances - you can use a Regular Menarche tampon when you have average flow and a high flow Menarche tampon when you have a heavier flow. It's recommended to start with the lowest absorbency, i.e. a Regular Menarche tampon, if you have never used a tampon before. You can shift to a High flow Menarche tampon when necessary.

Will I lose my virginity if I use Menarche Tampons?

No, Menarche tampons won't make you lose your virginity. The hymen which is a soft and elastic fold surrounding the vaginal opening, is not a rigid ring. With the onset of menstruation, this natural opening becomes sufficiently wide and elastic to admit a tampon easily.

Will a tampon interfere with my active life?

No. With Menarche tampons, you can lead your active life any day of the month! Menarche tampons are designed to keep up with you even as your activity level increases. And tampons can take you places that pads can't...like swimming, dancing etc.

Does the Menarche tampon block the menstrual flow?

No. Instead of blocking, a Menarche tampon is designed to absorb the menstrual flow for up to 8 hours and give leak-proof protection.

Does a menarche tampon shorten the period by one day?

Yes, it is true. This is because; it takes a day for the menstrual flow to move from your uterus to the outside of the body. Since a Menarche tampon is placed below the uterus, it absorbs the menstrual flow earlier and faster. This may shorten your period by one day, without interfering with or reducing the menstrual flow.

How often should I change my Menarche tampon?

Change your Menarche tampon every 4-6 hours depending on your menstrual flow. Do not use a Menarche tampon for more than 8 hours.

Should I change my Menarche tampon every time I go to the toilet?

No, that's unnecessary. Pull the string to the side so that it doesn't get wet. The vagina and urinary bladder have separate openings.



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