

TAMPON USAGE

and safety information



Please read this leaflet as it contains important information.

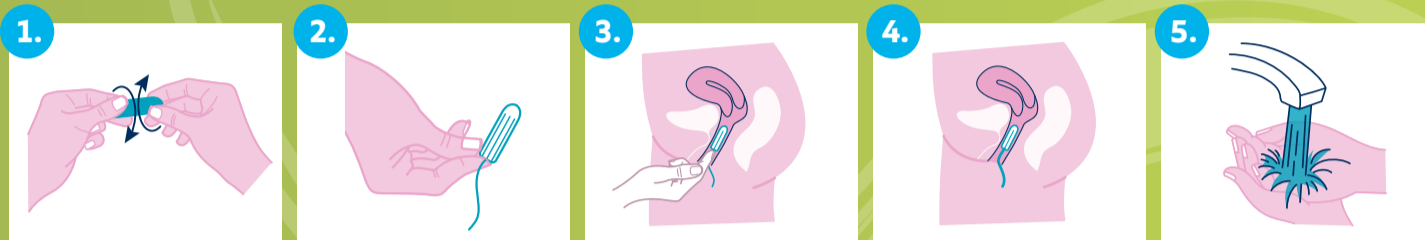
Lil-Lets SmartFit™ tampons expand all the way round for amazing comfort and perfect pant protection for up to 8 hours. Available both with and without an applicator, in a wide range of absorbencies. Use the table below to find the right absorbency for you.

lite ●●●●●●very light to light flow <6g
regular ●●●●●light to medium flow 6-9g
super ●●●●●medium to heavy flow 9-12g
super plus ●●●●●heavy flow 12-15g
super plus extra ●●●●●very heavy flow 15-18g
ultra ●●●●●●extremely heavy flow 18-21g

Lil-Lets SmartFit™ tampons are made from viscose with a polyester/polyethylene cover and a cotton and/or polyester/cotton string. Lil-Lets Organic tampons are made from 100% certified organic cotton.

Non-Applicator Tampon

usage instructions



1. Wash your hands. Unwrap the tampon by twisting the wrapper in the direction of the arrows or for Lil-Lets Organic tampons by peeling the coloured tear strip, then pull off the wrapper from the string end. **See image 1.**

2. Pull out the string, check that the ends are knotted together and give it a gentle tug to ensure it is secure. If not, try another tampon.

3. Position your finger on the string end of the tampon and remove the wrapper from the rounded end. Find a comfortable position, either sitting on the toilet or squatting with your knees apart. **See image 2.**

4. Place the rounded end of the tampon at the vaginal opening. Push the tampon into your vagina using your index finger, aiming upwards and backwards towards the small of your back. **See image 3.**

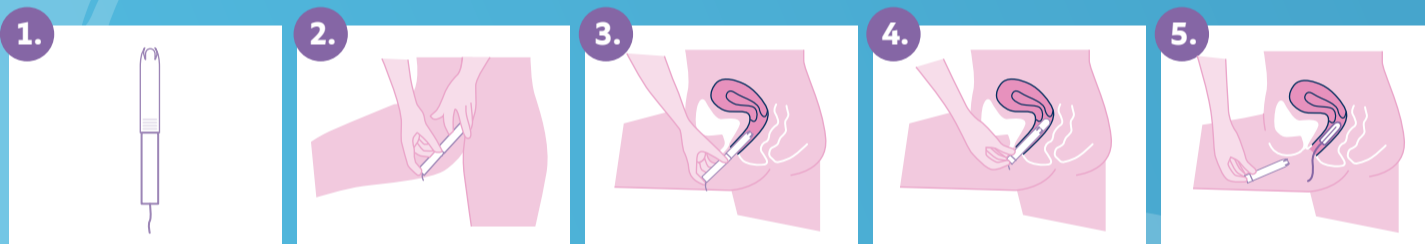
You'll know it's correctly positioned when you can no longer feel it. If you can still feel the tampon, use your finger to push it in a bit further – don't worry, you can't push it too far.

When the tampon is inserted, the string will hang outside your body ready for when you want to remove it. Now wash your hands again.

See images 4 and 5.

Cardboard Applicator Tampon

usage instructions



1. Wash your hands. Unwrap the tampon. Hold the applicator at the grooved section of the outer tube with your thumb and middle finger. Ensure the removal string is hanging outside the inner tube. Do not pull the string. Find a comfortable position, either sitting on the toilet or squatting with your knees apart. **See image 1.**

2. Place the tip of the applicator at the vaginal opening. Gently ease the applicator into your vagina, aiming it towards the small of your back, until it's inserted as far as the ridges of the outer tube. **See image 3.**

3. While still holding the outer tube, use your index finger to push the inner tube into the outer tube until the inner tube is completely inside the outer tube. **See image 4.**

4. Gently withdraw the applicator from your body. The tampon should be positioned comfortably in your vagina, with the string hanging outside your body ready for when you want to remove it. **See image 5.**

Removing your tampon

Relax and gently pull the string. If the tampon feels tightly held, leave it a bit longer but ensure it's changed at least every 4-8 hours. If the tampon still feels tightly held after this time, remove it and try using a lower absorbency tampon in the future. The used tampon should be wrapped securely and disposed of with household waste. **Do not flush the wrapper or the tampon.**

TSS Information.

Toxic Shock Syndrome (TSS) is a very rare but serious illness that can sometimes be fatal. It can occur in men and women of any age, with around half of all cases occurring in menstruating females. When recognised quickly, TSS can be treated successfully and most people make a full recovery. **For more information about TSS visit www.toxicshock.com.**

TSS symptom checklist and what to do.

The symptoms of TSS can develop very quickly and may seem like flu to begin with. Symptoms include **sudden high fever, usually over 39°C (102°F), vomiting, diarrhoea, sunburn-like rash, sore throat, muscle aches, dizziness or fainting.**

If you experience any of these symptoms during your period, remove your tampon and seek medical attention immediately. Make sure you tell whoever treats you that you have your period and have been using tampons.

Lowering the risk of TSS.

The risk of TSS can be reduced by using the lowest absorbency tampon for your flow, changing your tampon every 4-8 hours or more often if necessary, and by switching to a pad or liner from time to time.

- If you choose to wear a tampon at night make sure you insert a new one before you go to bed and again as soon as you wake up in the morning.
- Always wash your hands before and after inserting a tampon.
- Remove your used tampon before inserting a new one and don't forget to remove the last tampon at the end of your period.
- Seek medical advice if you cannot remove your tampon.
- Don't use a tampon if you don't have a period.
- Never use more than one tampon at the same time.

