

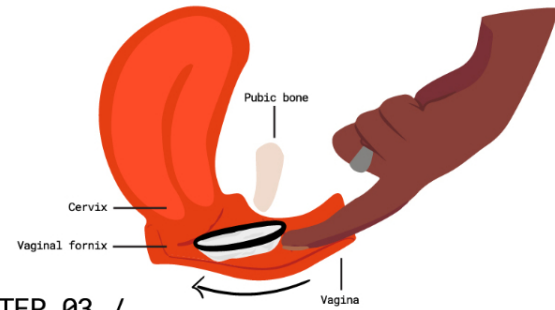
COMMIT TO A HEALTHIER PERIOD  
FOR YOU & THE PLANET.

A diagram of a catch, which is a shallow, oval-shaped container. It has a thick black rim. A label 'RIM' points to the black rim, and a label 'CATCH' points to the light gray body of the container.

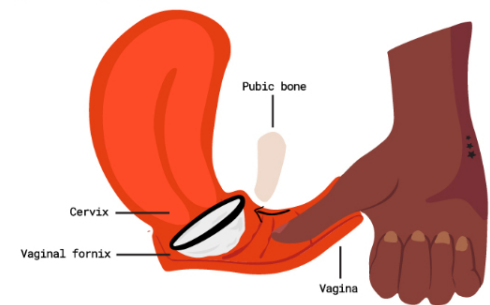
Wash your hands.  
Sit on the toilet and relax.  
Pinch the disc in half.



Use a clean finger to push the disc back and down toward the cervix. Push the disc inside the vagina as far as it can comfortably go. It may feel strange but it shouldn't hurt.



Use your thumb to tuck the disc upward and behind your pubic bone. If inserted properly, you should not be able to feel the disc internally (AKA with your vagina).



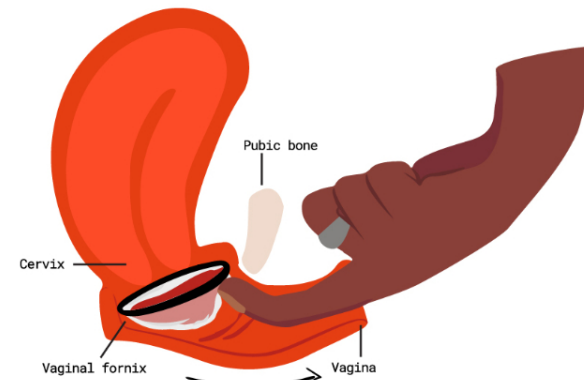
A small amount of leaking may occur, but this is normal with all period products (ever sneezed with a tampon in on your heaviest day?). Consider wearing a panty liner or pad while you're figuring out what works best for you and your flow.

While on the toilet, you can release the blood hands-free by bearing down as if you're trying to poop. The contents should fall into the toilet while the disc remains in place.

Repeat the thumb trick after using the bathroom to make sure the disc is in the proper position all day long.

Relax your pelvic muscles.

Hook your finger (either your thumb nail-side up or forefinger nail-side down) under the rim of the disc. Pull straight out, keeping the rim parallel to the floor.



If needed, help push the disc out by bearing down as if you're trying to poop.

Empty fluid into the toilet.



Open a new disc and set aside on a clean surface (like your thigh).

Place the used disc in the new disc's wrapper (or toilet paper, or a Flex Removal Pouch) and toss in the trash.



Having trouble?  
Please reach out to us anytime  
and talk to a real human:  
1 800 931 0882  
hello@flexfits.com

1 800 931 0882  
HELLO@FLEXFITS.COM  
FLEXFITS.COM/LEARN  
@FLEX #UTERATI



[SCAN FOR HOW-TO]

This user guide is informational in nature and is not offered as medical advice, nor does it substitute for a consultation with your physician. If you have any gynecological/medical concerns or conditions, please consult your physician prior to using a menstrual disc.

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GPD-0001 Rev H PN 10004

INSERTION / Not sure if the disc is in the right place? Let the pubic bone guide you. Feel toward your belly for a firmer part of the vaginal wall that doesn't move, then tuck the disc up and behind it. If the disc becomes dislodged, or you find it where you'd expect a tampon to be, push it back up and behind the pubic bone.

If you can feel any part of the disc with your finger, that's normal. The vagina is only about 2-3 inches deep when not aroused. As long as the disc is tucked up and behind the pubic bone, you're set.

Every body is different. Find what works with your anatomy. Use your thumb to push the disc into place. Stand with one leg elevated. Squat all the way down to the floor. Lie down with your knees pulled into your chest. Experiment with different techniques until you feel confident.

LEAKING / On heavy days, sit on the toilet and bear down as if you're trying to poop. This will empty the contents of the disc without having to remove it.

Leaking after using the bathroom? The disc likely came untucked while on the toilet. After washing your hands, insert a clean finger to tuck the disc up and behind the pubic bone.

Protect yourself. Consider wearing a pantyliner or pad as backup while you're learning what works best for you.

Use pursuant to directions and during menstruation only. Dispose in trash. Do not flush Flex Disc down the toilet. Keep Flex Disc away from children and animals. If you experience any adverse events such as but not limited to nausea, pain, and/or lightheadedness with Flex Disc, discontinue use immediately and consult with your physician. Consult your doctor if you are using an intrauterine device (IUD). While uncommon, there is a risk of dislodging, displacing, or removing the IUD by pulling on the IUD string when removing Flex Disc. If you have ever had Toxic Shock Syndrome (TSS), do not use Flex Disc or any other internally-worn product. Immediately following childbirth, gynecological surgery, miscarriage, or termination of pregnancy, consult your physician before using Flex Disc.

**Maximum wear time is twelve (12) hours—it must be changed after twelve (12) hours. Do not use the same Flex Disc twice. Flex Disc is not a contraceptive and does not provide protection against sexually transmitted infections (STIs).**

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

### WHAT YOU NEED TO KNOW ABOUT TOXIC SHOCK SYNDROME (TSS):

**To date, we have not had any reported cases of TSS.** The bacterium *Staphylococcus Aureus* is believed to cause TSS. Although TSS can occur in anyone, it is a disease that mostly affects menstruators who use tampons. 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. Likewise, the lower the absorbency, the lower the risk of TSS. Unlike tampons, Flex Disc is non-absorbent; it collects rather than absorbs menstrual fluid. While no studies have shown that Flex Disc promotes the growth of *Staphylococcus aureus*, testing has not been extensive enough to date to quantify the risk of TSS, if any, while using Flex Disc. As a precaution, users must change Flex Disc after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. Warning signs include a sudden high fever, vomiting, diarrhea, a rash that looks like a 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 Flex Disc, remove it and immediately contact your physician.

Understanding your body while mastering a new skill is no easy feat, but we promise it's worth it. Here are three tips to making Flex the last period product you'll ever try:

GET TO KNOW  
YOUR VAGINA /

It shouldn't be a mystery you know nothing about. Check out [blog.flexfits.com](http://blog.flexfits.com) for tips and tricks.

## LEVEL-SET YOUR EXPECTATIONS /

It's normal to have trial and error while you get the hang of something completely new.

SYNC UP WITH US /

We want this to work as much as you do. Reach out and talk with a real human being. Call or text: 1 800 931 0882  
hello@flexfits.com

# INSTRUCTIONS FOR USING FLEX DISC™

The logo for Hefey INST features the word "Hefey" in a large, black, cursive script font, with a registered trademark symbol (®) to its upper left. To the right of "Hefey", the word "INST" is written in a smaller, black, sans-serif, all-caps font. The background of the logo is a bright yellow color with several thin, white, wavy lines that create a sense of movement or liquid texture.