INSTRUCTIONS FOR USING FLEX DISC™

HOW TO INSERT

STEP 01 / Wash your hands. Sit on the toilet and relax. Push the Flex Disc® in half.

*Flex Disc is body-safe, hypoallergenic, and made without nickel, latex, BPA, or phthalates. Be sure to inspect your disc once removed from the wrapper for tears or damage in the catch. Do not use a damaged disc.

STEP 02 / Use a clean finger to push the disc back and down toward the cervix. Push the disc inside the vagina as far as you can comfortably go. It may feel strange but shouldn’t hurt.

MID-WEEK EXPERIENCE

STEP 03 / Use your thumb to tug the disc upward and behind the pubic bone. If inserted properly, you should not be able to feel the disc internally (ASK with your vagina).

Should damage to the disc occur during insertion, do not use, please discard.

STEP 04 / Place the used disc in the new disc’s wrapper (or toilet paper, or a Flex Eco Disposal Pouche) and toss in the trash.

HOW TO REMOVE

STEP 01 / A small amount of leaking may occur, but this is normal with all period products (even smeared with a tampon in on your hearliest days!). Consider wearing a panty liner or pad while you’re figuring out what works best for you and your flow.

STEP 02 / While on the toilet, you can reposition 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.

If needed, help push the disc out by bearing down as if you’re trying to poop. Empty fluid into the toilet.

STEP 03 / If you need help, press your hands. 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.

This is what’s going on inside your body

Bearing down is easier when you’re on your tip toes

TROUBLESHOOTING

INSERTION / Not sure if the disc is in the right place? Let the pubic bone guide you. Feel toward your belly for a finer part of the vaginal wall that doesn’t move, when you feel the disc up and behind it. It if the disc becomes dislodged, or if you find it where you 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 opening is only about 0.5-0.7 inches deep when not secured. 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 straighten. Sit on the floor. Lift down with your knees pulled into your chest. Experiment with different techniques until you feel confident.

LAVAGE / 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.

Let your body do the work. The disc slowly came unraveled on the toilet. After washing your hands, insert a clean finger to feel 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.

WARNING / Do not use any foreign objects to extract or remove the disc as you may cause damage to the disc or vaginal canal. In the rare case you are unable to remove the Flex Disc® after 12 hours, contact a physician. If you experience any adverse events and your Flex Disc® deteriorates use common sense and consult with your physician.

Let your body do the work. The disc slowly came unraveled on the toilet. After washing your hands, insert a clean finger to feel the disc up and behind the pubic bone.

If your discs are damaged, please do not use and reach out to our customer service at 1-800-301-0685 hello@flexdisc.com

IMPORTANT / The FDA does not have any reported cases of TSS. The literature alone speaks to a terrible TSS. Although TSS can occur in anyone, it is a disease that mainly affects menstruators who use tampons. Population studies suggest that the risk of TSS is related to tampons absorption. The higher the tampons absorbency, the higher the risk of contracting TSS. Conversely, the lower the absorbency, the lower the risk of TSS. Unlike tampons, Flex Disc® is non-absorbent; it collects rather than absorb menstrual fluid. While some studies have shown that Flex Disc® promotes the growth of Blastosaccharomyces Audy, having not been extensive enough to draw any certain the risk of TSS. For more, please use Flex Disc® as prescribed. Users must change the Flex Disc after 14 hours maximum wear time. TSS is a new but serious disease that may cause death. Warning signs include a sudden high fever, chills, shakings, a fall that looks like a shock, sudden, freezing, not knowing if you’re falling and murky eyes. TSS can progress rapidly from flu-like symptoms to serious illness to death, 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 isn’t easy, 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 the blog.Flendisc.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: 1-800-301-0685 hello@flexdisc.com