

INSTRUCTIONS FOR USING FLEX DISC™

HOW TO INSERT

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

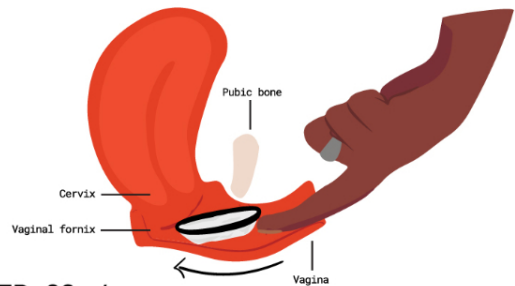


COMMIT TO A HEALTHIER PERIOD
FOR YOU & THE PLANET.

*Flex Disc is body-safe, hypoallergenic, and made without natural rubber 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.

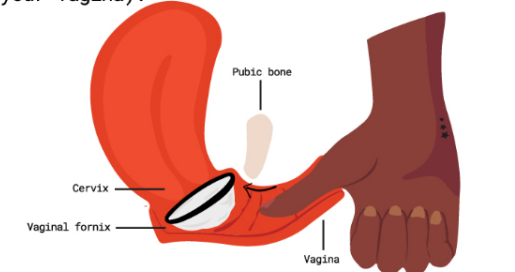
STEP 02 /

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



STEP 03 /

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).



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

MID-WEAR EXPERIENCE

01 /

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.

02 /

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.

03 /

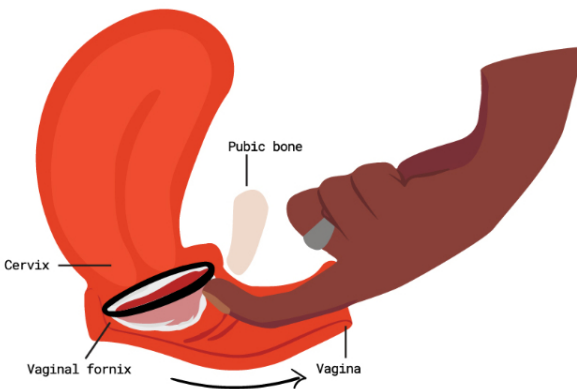
Repeat the thumb trick after using the bathroom to make sure the disc is in the proper position all day long.

HOW TO REMOVE

STEP 01 /

Wash 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.



STEP 02 /

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

Empty fluid into the toilet.



STEP 03 /

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

STEP 04 /

Place the used disc in the new disc's wrapper (or toilet paper, or a Flex Eco Disposal 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

TROUBLESHOOTING

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.

WARNINGS

Use pursuant to directions and during menstruation only. Dipose 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).

Do not use any foreign objects to assist with removal as this may cause damage to the disc or your vaginal canal. In the rare case you are unable to remove your Flex Disc after 12 hours, contact a physician. If you experience any adverse events with Flex Disc, discontinue use and consult with your physician.

If your discs arrive damaged, please do not use and reach out to customer service at +1 800 931 0882 or hello@flexfits.com.

IMPORTANT

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:

01

GET TO KNOW YOUR VAGINA /

It shouldn't be a mystery you know nothing about. Check out blog.flexfits.com for tips and tricks.

02

LEVEL-SET YOUR EXPECTATIONS /

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

03

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

LET'S SYNC UP /

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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