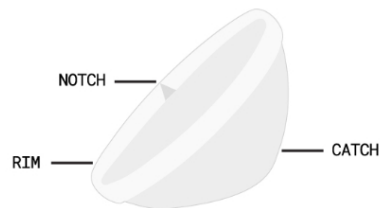


# INSTRUCTIONS FOR USING FLEX REUSABLE DISC

## HOW TO INSERT

### STEP 01 /

Wash hands and Flex Reusable Disc using warm water and a mild soap or cleanser.



### STEP 02 /

Pinch the disc in half, ensuring the notch on the rim is pointed upward. The catch should be below the rim, toward the ground.



\*Flex Reusable Disc is made without BPA, phthalates, or natural rubber latex. Be sure to inspect your Reusable Disc for tears or damage before each use. Do not use a damaged disc.

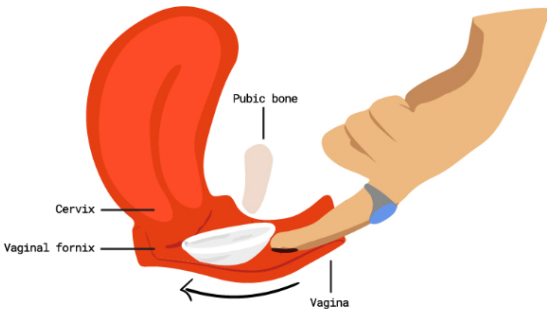
### STEP 03 /

Choose a position: Sit on the toilet, squat, or put one leg up. Relax your pelvic floor and gently separate your labia with your free hand.



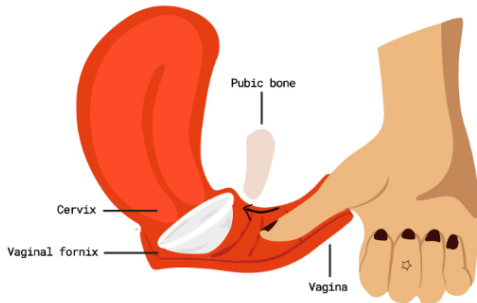
### STEP 04 /

Use a clean finger to insert the pinched disc (notched side first) into the vaginal canal, pushing back and down toward the cervix. Push the disc as far as it can comfortably go. It may feel strange but it shouldn't hurt.



### STEP 05 /

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).



## 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.

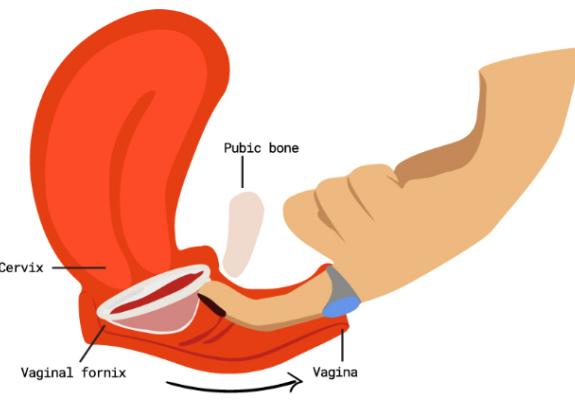
## HOW TO REMOVE

### STEP 01 /

Wash your hands. Use warm water and a mild soap or cleanser. Sit on the toilet and relax your pelvic muscles.

### STEP 02 /

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.



### STEP 03 /

Empty the contents into the toilet and repeat steps 1-5 to clean and reinsert your Flex Reusable Disc.

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

YOU GOT THIS



LET'S SYNC UP /

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

## TROUBLESHOOTING

### INSERTION /

If you can't get your disc inserted at all, try running it under warm water prior to insertion.

### PLACEMENT /

If you're 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 you can feel any part of the disc with your finger, that is 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.

### 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 a backup while you're learning what works best for you.

### USAGE /

Flex Reusable Disc holds 70mL [6 super tampons] of fluid. It can be worn for up to 12 hours, including overnight. If you have a heavier flow, we recommend emptying out the disc twice per day and night for added leak protection.

### HYGIENE /

We recommend cleaning your disc twice per day (or every 12 hours) during use. You may also want to do a deep clean periodically. To do that, rinse the disc and boil for 10 minutes in an open pot with plenty of water. Do not leave the boiling pot unattended. Use tongs to ensure the disc does not touch the bottom of the pot. If you burn your disc while boiling, your disc should be replaced.

### STORAGE /

Always store Flex Reusable Disc in a cool, dry place, in its included pouch. Never store your disc in an airtight container.

### REPLACEMENTS /

The lifespan of the disc varies depending on cleaning and care. A general rule is to replace Flex Reusable Disc every 2 years.

## 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 menstruator 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 Reusable Disc is non-absorbent; it collects rather than absorbs menstrual fluid. While no studies have shown that the Flex Reusable 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 Reusable Disc. As a precaution, users must change Flex Reusable Disc after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. Warning signs include 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 the Flex Reusable Disc, remove it and immediately contact your physician.

## WARNINGS

Use pursuant to directions and during menstruation only. If you experience any adverse events such as but not limited to nausea, pain, and/or light headedness with Flex Reusable Disc, discontinue use immediately and consult with your physician. Do not use a Flex Reusable Disc if you have a yeast or bacterial infection. Resume use only once the infection has completely cleared. If the Flex Reusable Disc was inserted during a yeast infection or bacterial infection, remove it immediately and dispose of it in the trash. Do not flush Flex Reusable Disc down the toilet. Keep Flex Reusable Disc away from children and animals. Immediately following childbirth, gynecological surgery, miscarriage or termination of pregnancy, consult your physician before using a Flex Reusable Disc.

Maximum wear time is 12 hours. Flex Reusable Disc must be removed, emptied, and cleaned after 12 hours. Flex Reusable Disc is not a contraceptive device and will not protect you from sexually transmitted infections (STIs).

Do not use any foreign objects to assist with removal as this may cause damage to the cup or your vaginal canal. In the rare case you are unable to remove your Flex Reusable Disc after 12 hours, contact a 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 your Flex Reusable Disc. If you have ever had Toxic Shock Syndrome (TSS), do not use Flex Reusable Disc or any other internally-worn product.

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

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](https://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](mailto:hello@flexfits.com)



[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 reusable menstrual disc.

FLEX® is a registered trademark and FLEX REUSABLE DISC™ is a trademark of The Flex Company in the U.S. and elsewhere. Pat. [www.flexfits.com/patents](https://www.flexfits.com/patents)  
© 2021 The Flex Company. All rights reserved.

GPD-0015 Rev B PN 10123

INSTRUCTIONS FOR USING  
FLEX REUSABLE DISC™

