

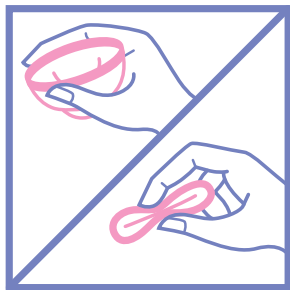
Instead Softcup Instructions:

Step 1: This is what the Instead Softcup looks like when squeezed for insertion. Wash your hands and relax. To correctly use the Instead Softcup, we recommend sitting on the toilet with your knees apart. To insert the Instead Softcup, hold the Softcup so the bottom of the cup hangs down. Squeeze the opposite sides of the rim together.

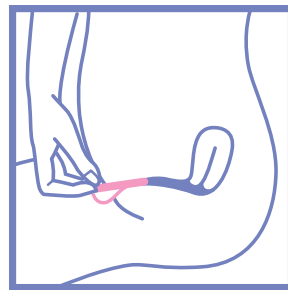
Step 2: Keeping the rim pressed together, insert the Instead Softcup completely into the vagina. When you are sitting, your vaginal canal is horizontal, sloping slightly downward. Use your finger to push the Instead Softcup downward. Use your finger to push the Instead Softcup downward and back as far as it will go. It will slide into place under the cervix and behind the pubic bone.

Step 3: When the Instead Softcup is inserted properly, you shouldn't feel it. The Instead Softcup fits exactly in the natural space just below the cervix. If you feel something in your vaginal canal (like a tampon can feel), the Instead Softcup is probably not far enough inside you. Just remove and try again.

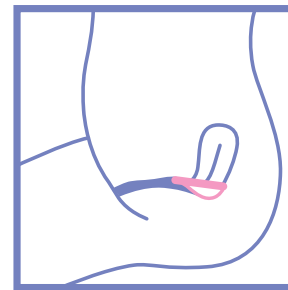
Step 3: To correctly remove the Instead Softcup, we recommend sitting on the toilet with your knees apart. Insert your finger into the vagina and identify the pubic bone, the Instead Softcup rim will be right behind it. Hook your finger under the rim. Don't worry; your fingernails cannot puncture the Instead Softcup. Very slowly pull the Instead Softcup out of your body keeping it horizontal and level. Don't pull down like a tampon.



Step 1



Step 2



Step 3



Step 4

Because Instead Softcup holds rather than absorbs menstrual fluid, you should be able to wear it twice as long as a tampon up to a maximum of 12 hours.

SAFE TO USE

Instead Softcup has had extensive toxicology, biocompatibility and microbiological laboratory and human clinical testing. All results support its safety. Instead Softcup is non-toxic, hypo-allergenic and safe when used as directed.

