

# How To Use A Tampon For The First Time

1. Verb - Base Form
2. Noun - Plural
3. Adjective
4. Noun
5. Part Of Body
6. Noun - Plural
7. Verb - Present Ends In Ing
8. Part Of Body
9. Part Of Body
10. Part Of Body
11. Part Of Body
12. Adjective
13. Part Of Body
14. Noun
15. Adjective
16. Adjective
17. Adjective
18. Adjective
19. Noun
20. Verb - Base Form
21. Adjective
22. Verb - Base Form
23. Adjective

24. Adverb

25. Part Of Body

26. Word That Ends With Tion Election Creation Ect

27. Adverb

28. Verb - Base Form

29. Adjective

30. Adjective

31. Noun

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## How to Use

Relax. It's much easier to \_\_\_\_\_ a tampon when you're relaxed. It usually takes a few tries before being able to comfortably \_\_\_\_\_ a tampon, so don't worry. .

A tampon is actually made up of 2 \_\_\_\_\_ - the tampon itself that you insert into your body, and the \_\_\_\_\_ you use to insert it. .

1. Wash your \_\_\_\_\_ and then unwrap the tampon. The slim applicator tip should be rounded and \_\_\_\_\_ should hang out the bottom of the applicator. If you notice any flaws, do not use. While holding the applicator, gently pull on \_\_\_\_\_ to make sure they are firmly attached.

2. Get comfortable. Try \_\_\_\_\_ on the toilet with \_\_\_\_\_ apart or standing with one \_\_\_\_\_ on the toilet seat.

3. Insert the applicator: hold the applicator plunger using your \_\_\_\_\_ and middle finger. Place the applicator tip into your \_\_\_\_\_ at a 45? angle. Now, gently slide the \_\_\_\_\_, tapered applicator all the way into your \_\_\_\_\_ until your fingers touch your body.

4.

Push the tampon inside: push the plunger all the way into the \_\_\_\_\_ Noun \_\_\_\_\_ with your \_\_\_\_\_ Adjective \_\_\_\_\_ finger.

This will release the tampon. The plunger should now be inside the Repeat Last Noun \_\_\_\_\_. Still holding the plunger, gently pull out the \_\_\_\_\_ Adjective \_\_\_\_\_ applicator. The tampon should now be comfortably inside you in its \_\_\_\_\_ Adjective \_\_\_\_\_ place with the Repeat Last Noun - Plural \_\_\_\_\_ outside your body.

After you have the tampon, place the used applicator back into the \_\_\_\_\_ Adjective \_\_\_\_\_ Noun \_\_\_\_\_ and throw away. DO NOT \_\_\_\_\_ Verb - Base Form \_\_\_\_\_ THE \_\_\_\_\_ Adjective \_\_\_\_\_ APPLICATOR.

5. Any discomfort? The tampon may not be far enough inside. If this happens, just \_\_\_\_\_ Verb - Base Form \_\_\_\_\_ the tampon and try again with a \_\_\_\_\_ Adjective \_\_\_\_\_ one. You won't feel anything when the tampon is \_\_\_\_\_ Adverb \_\_\_\_\_ in place.

6. Removal: relax your \_\_\_\_\_ Part of Body \_\_\_\_\_. Try getting into the position you used during \_\_\_\_\_ word that ends \_\_\_\_\_ with tion election creation ect \_\_\_\_\_. Gently pull down on the Repeat Last Noun - Plural \_\_\_\_\_. The tampon should slide out \_\_\_\_\_ Adverb \_\_\_\_\_. \_\_\_\_\_ Verb - Base Form \_\_\_\_\_ the \_\_\_\_\_ Adjective \_\_\_\_\_ tampon or place in an appropriate \_\_\_\_\_ Adjective \_\_\_\_\_ Noun \_\_\_\_\_. \_\_\_\_\_