

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
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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
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18. Adjective
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20. Verb - Base Form
21. Adjective
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27. Adverb
28. Verb - Base Form
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How To Use A Tampon For The First Time

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.