

# How To Use A Tampon For The First Time

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8. Part Of Body
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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.