

How to Insert a Tampon



Step 1: Wash your hands.

Your vagina isn't dirty, but clean hands are healthier for everyone! It's always smart to wash your hands with soap and water before and after you insert a tampon.

Step 2: Get out your tampon.

Unwrap your tampon and make sure you know how it works! If you've never really looked at a tampon, it can look intimidating, but the tampon itself is INSIDE the applicator. The applicator makes it easy to get the tampon into your vagina. Some are plastic; some are cardboard; both can be used safely! The applicator has a larger, outer tube that holds the tampon, a "grip" area where you'll hold it, and a smaller tube at the end with the string coming out. The smaller tube is actually a "plunger" that you use to push the tampon out when it's time. Check out this diagram above to see each component.

Step 3: Locate your vagina.

We know you know it's "down there," but so many people have never really looked closely to be sure. So, now's your chance. Grab a mirror and take a look to make sure you're familiar with your vaginal opening where the tampon will go.

Step 4: Get comfy and ready to put the tampon in.

Find a comfortable position that lets you relax and still reach your vagina. Most people will sit on the toilet or stand while slightly squatting to insert a tampon, but you can also try lying down or propping one foot on a step or other raised surface (ex. the edge of your tub). The most important thing is to take a deep breath and relax all those muscles "down there." If you squeeze your butt or the muscles around the vagina, it will not be as easy to insert the tampon.

Step 5: Set the tip.

Hold the tampon at the grip (the smaller part right above the plunger) and place the tip of the tampon at your vaginal opening.

Step 6: Use the right angle.

Once the tip is in place, aim the tampon toward your lower back, not straight up. Your vagina doesn't go straight up into your body, it actually has a slight angle. Finding the angle that's right for you can help make it feel more comfortable to insert, too.

Step 7: Tip to grip.

Now you're ready. Slowly insert the tampon applicator from the tip, all the way to the grip. When you've inserted it far enough, your fingers on the grip will probably be touching your vulva (the external opening of your vagina).

Step 8: Plunge.

Once you've inserted tip to grip, it's time to use your pointer finger or the other hand to push the plunger all the way and release the tampon.

Step 9: Remove the applicator.

After you've pushed the plunger in all the way, pull the applicator (both plastic pieces) out. The string will be the only thing left sticking out of your vagina.

TA DA!

You did it! Once you've inserted the tampon inside you, you're done. Keep reading to learn how to remove the tampon.

And here's a pro-tip for how to put in a tampon:

If your tampon is uncomfortable and makes you feel like you need to waddle, it's probably because it isn't far enough inside your vagina. If that happens, just use your finger to push the tampon farther in, and that usually fixes it!

How to remove your tampon

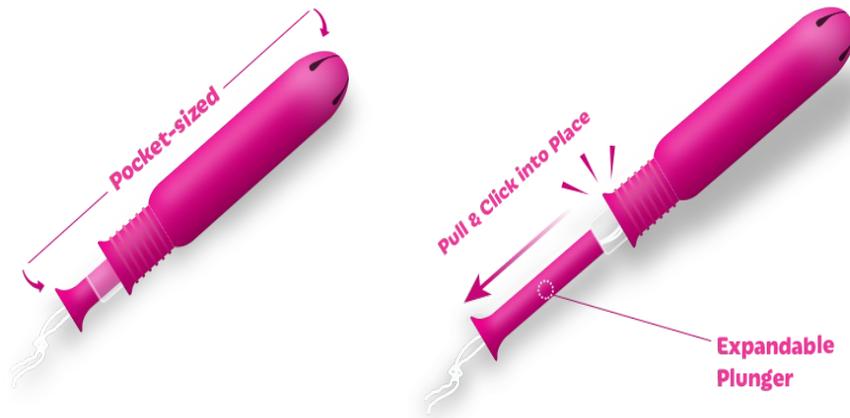
Now that you have mastered how to insert a tampon, it's time to learn how to remove a tampon. When it's time to remove your tampon, first wash your hands. Next, get in a comfortable position, relax your body and

use your hands to locate the tampon string. Next, you'll use your thumb and finger to grip the string and pull it slowly out of your vagina. We know it's tempting, but please do not flush your tampon. Properly dispose of your tampon in the trash. After you have removed the tampon, remember to wash your hands.

That's it! Now you know how to use a tampon

Using a "Click" or "Compact" Tampon

If you're using a compact tampon (which is in a smaller, compact package), you'll have to pull the plunger out first until it "clicks" to make it work. When you hear the click, the tampon is ready for insertion! If you don't hear the click, the plunger won't work to release the tampon. See the picture below for an example:



Why it's important to change your tampon often

Tampons need to be changed frequently to prevent toxic shock syndrome (TSS). TSS is a rare life-threatening condition caused by specific bacterial toxins that can sometimes develop when tampons are left in too long.

According to the Food & Drug Administration, it's best to change a tampon every 4 to 8 hours. You shouldn't leave it in longer than 8 hours.

If you remove it before 4 to 8 hours, that's OK. Just know there probably won't be much absorbed on the tampon.

If you find yourself bleeding through a tampon before 4 hours, you might want to try a thicker absorbency. If a tampon is mostly dry after 4-6 hours, consider using a lighter absorbency. You should try to match the absorbency level of the tampon you are using to the heaviness of your menstrual flow. This can change throughout your period.