

MANUAL GUIDE



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ENGLISH:

INSERT AND REMOVAL

To insert:

- (1) Squeeze the UNIQUE rim in the middle to form an "8" shape .
- (2) Maintain the string in front and insert the disc into the vaginal canal until you feel that it's positioned under your cervix
- (3) Then push upwards the front of the rim to fix it behind the pubic bone.

To remove:

- (4) Hold the the top of the string and push it out slowly. The UNIQUE rim will instantly slip off the pubic bone and lineup with the entrance of the vagina. You just hold it and push it out.

CAUTION:

- Don't push the string with excessive strength, it may break.
- If you like you can cut a part to shorten it or you can cut it all and use the disc without the string

STERILIZATION:

In already boiling water (3 min)	YES
Microwave steam sterilizer	YES
Electric steam sterilizer	YES
Solution with sterilizing tablets	YES

