



Several years ago, a girl in Kenya told me she would stay home from school during her period because she couldn't afford sanitary pads.

Later, when I learned that many women's wellness products could contain harmful ingredients like pesticide residues, I knew there had to be a better future for us all.

Cora is creating that future—one where you can experience your body with health and agency, and so can she.

Molly
MOLLY HAYWARD
FOUNDER

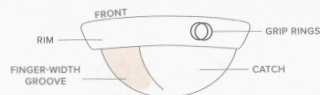
Welcome to the Cora Disc

A SUSTAINABLE OPTION FOR PERIOD CARE

We know trying new products can be intimidating, which is why the Cora Disc was made in partnership with the Cora community, helping us make a product that is both comfortable and easy to use.



1. First things first



Intuitively designed, the Cora Disc has four simple components.

To ensure your disc functions properly, sanitize it before use by boiling it in water for 5-7 minutes. Repeat this process between each cycle.

Wash your disc and hands before and after each use.

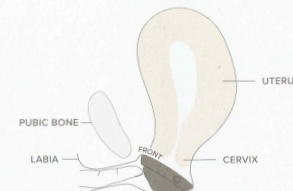
2. Insert



Before inserting, ensure there are no obstructions in your vaginal canal. Squeeze the disc to form a figure 8. The finger-width groove indicates the front of your disc, which should be facing away from your body when it is inserted.

Sit, squat, or raise one leg. Guide the back rim of the disc into your vagina and push the disc back and down with your index finger towards your tailbone, as far as it will comfortably go.

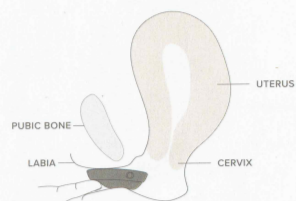
3. Tuck



With that same index finger, tuck the front rim up and behind the pubic bone to position the disc.

If you can't feel the disc, it is in place properly. To check the position of your disc, stand up, keeping your index finger on the rim of the disc. You can wear up to 12 hours before emptying.

4. Remove



First, relax your pelvic muscles and bear down like you are having a bowel movement. Hook your index finger under the front rim of the disc.

Then, gently slide the disc out, keeping it horizontal to avoid spills.

Tips & tricks

It may take a few cycles to get the hang of the disc, but there are a few suggestions to make the process easier.

- Silicone-safe lubricant can help with the insertion process.
- When you're still getting the hang of your disc, try removing it while in the shower.
- It's normal for some blood to empty into the toilet when you use the bathroom—this is simply the pelvic floor muscles doing their job. Ensure the disc is tucked behind your pubic bone after each trip to the restroom.
- If you cannot remove your disc, don't worry, take a break and revisit once you are more relaxed.
- Always dry your disc before placing it in the case.

For more info

Visit cora.life/cora-disc-how-to or scan this code with your phone's camera app



P/N 120-Q0117 Rev A

Precautions

Warning: The information and advice contained in this manual is not meant to be offered as medical advice. If you have any gynecological or medical concerns, we advise you to consult your physician prior to using the Cora Disc.

Toxic Shock Syndrome (TSS) is a serious and potentially fatal disease caused by toxin-producing strains of the staphylococcus aureus bacterium. TSS symptoms include, but are not limited to, sudden high fever, diarrhea, vomiting, sunburn-like rash, fainting, or blacking out. If you experience any of the above symptoms during or shortly after your period, first remove the disc, then seek medical assistance immediately. If you are unable to remove the disc, seek medical assistance. If you have any gynecological concerns or conditions, including the use of an IUD or contraceptive ring, please consult your physician prior to using a menstrual disc. The disc is not a contraceptive device. To prevent STDs, do not share the disc.

CORA
Cora Disc