



hello:

Welcome to our Hello™ Gang!

You've made a 'bloody brilliant' decision – and while we know you're excited to get started, please take some time to read our instructions. If you're a Hello Disc™ newbie – give yourself a few cycles to get the hang of it, or use our Hello Liners as a back-up.

GETTING STARTED

1.

Sterilize your Hello Disc™ before you first use it. To do this place the disc in a pot of boiling water for 3 minutes.

Pro tip: Because no one likes a charred Hello Disc™, try putting your disc inside a white to make sure it doesn't touch the bottom of the pot.



CHANGING AND STORAGE

2.

Remove your Hello Disc™ every 8 hours.

If possible, rinse your Hello Disc™ with cold water after each removal to help prevent stains setting in. Clean with gentle soap and rinse. If you're not near a tap, it's fine to simply wipe out your disc with toilet paper and reinsert until you can rinse it.

At the end of your cycle sterilize your Hello Disc™ so it's ready next time you need it. Store it in a dry place out of direct sunlight.

INSERTING YOUR HELLO DISC™

3.

Your Hello Disc™ is designed to be worn several ways.

In all cases, fold your Hello Disc™ longways. The tab end should be the last part of the disc to enter your body. Direct the top of the disc in, angling it toward your tailbone. Gently push the tab end until your disc is tucked behind your public bone.

Uncure of your cervix height? Check out our measurement guide at www.helloperiod.com.

INSERTING YOUR HELLO DISC™

4.

TIPS

- Be sure to keep the double-loop tab centered while inserting
- Adding a drop of water-based lubricant to the rim can make insertion more comfortable




WAYS TO WEAR

DOUBLE-LOOP TAB TUCKED

The double-loop is tucked away completely.

BEST FOR PEOPLE WHO:

- Have an average-low cervix height
- Are comfortable using a disc
- Plan on using their Hello Disc™ during penetrative intercourse



WAYS TO WEAR

DOUBLE-LOOP TAB DROPPED

The double-loop is 'free' and drops down.

BEST FOR PEOPLE WHO:

- Have a high cervix height
- Are looking for an easier removal with an accessible tab



WAYS TO WEAR

DOUBLE-LOOP TAB FLIPPED

The bottom loop is pulled through the top loop from behind.

BEST FOR PEOPLE WHO:

- Have a cervix height that varies on different period days or if you don't know your cervix height
- Are looking for easier removal



WAYS TO WEAR

DOUBLE-LOOP TAB TRIMMED

The second loop is cut off (use indent as a guide). We don't recommend cutting your entire tab off!

BEST FOR PEOPLE WHO:

- Have a lower cervix height
- Find the full length of the double-loop tab a bit uncomfortable



REMOVING YOUR HELLO DISC™

5.

Disc removal has never been easier thanks to the Hello Disc™s double-loop tab.

Hook your index or middle finger into one of the loops and slowly remove your disc. Once your Hello Disc™ is out keep your finger hooked and allow the disc to drop away from you, emptying the contents into the toilet.

*** If you have trouble finding a loop gently bear down (like you're going for a poo) so that your disc can dislodge from behind the public bone. Alternatively squat to reach the disc rim, pinch and remove ***

A NOTE ABOUT SELF-EMPTYING

The Hello Disc™ can empty itself for some users when on the toilet.

This can be handy on heavy days!

For most users it will re-luck itself automatically. If not, simply re-luck the disc by pushing the front rim back into place.

HELLO PLAY

Yes, you can enjoy no mess period sex with your Hello Disc™ in place! As your Hello Disc™ sits high and against the public bone, it doesn't get in the way of penetration.

IMPORTANT

****The Hello Disc™ is NOT intended to be used as contraception and will not prevent pregnancy. If you wear your Hello Disc™ during sexual intercourse and condoms are your sole method of birth control, remove your Hello Disc™ - the disc has not been tested against condom use and friction may create a micro-tear in the condom.****

SOME OTHER NOTES

Regularly inspect your double-loop tab for any micro tears. If torn, discontinue use and replace.

Menstrual cups and discs have been associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death. Read and keep the enclosed information.

If you experience fever and/or vomiting and diarrhoea during your period, remove your disc and seek medical advice immediately.

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