



LET'S TALK TAMPONS

SIZES & ABSORBENCIES

U by Kotex® offers 3 absorbencies at Walmart

When you're just starting out, try using a tampon with regular absorbency. If you need to change it out more than every 4-8 hours, you can try super. Click® Tampons may look small because they're compact, but they offer full-sized protection!



REGULAR



SUPER



SUPER PLUS

INSERTING & REMOVING A TAMPON CORRECTLY

Learning how to use a tampon is easier than you think. Here's a step-by-step of how it works!

- 1** Wash your hands
- 2** Locate the opening of the vagina (you can use a mirror to make it easier!)
- 3** Unwrap the tampon and extend the applicator until you hear it click
- 4** Hold the applicator between your middle finger & thumb
- 5** Gently insert the tampon at an angle & stop when your fingers reach your body
- 6** Push the tampon's plunger
- 7** Remove the applicator and you're all done!



If it feels uncomfortable the first time, feel free to remove it and try again with a new tampon. Don't worry—it just takes some practice.

CAN IT GET STUCK?

Trust us, even though you can't see it at all, your tampon won't get lost. If you lose track of the string, no worries. With clean fingers, you can reach in and pull it out. If you have trouble, you can try sitting on the toilet and bearing down or pushing like in a bowel movement—the pressure will put the tampon within reach for easy removal.