

What about tampons?



Some women are worried about using tampons.

I'm not sure how to put a tampon in

**You put a tampon into your vagina.
You can feel your vagina with one hand and
use the other hand to push the tampon in.**

**The tampon will be inside you
and the string should hang outside.**



**urethra
wee comes out of here**

**A tampon goes
inside your vagina**

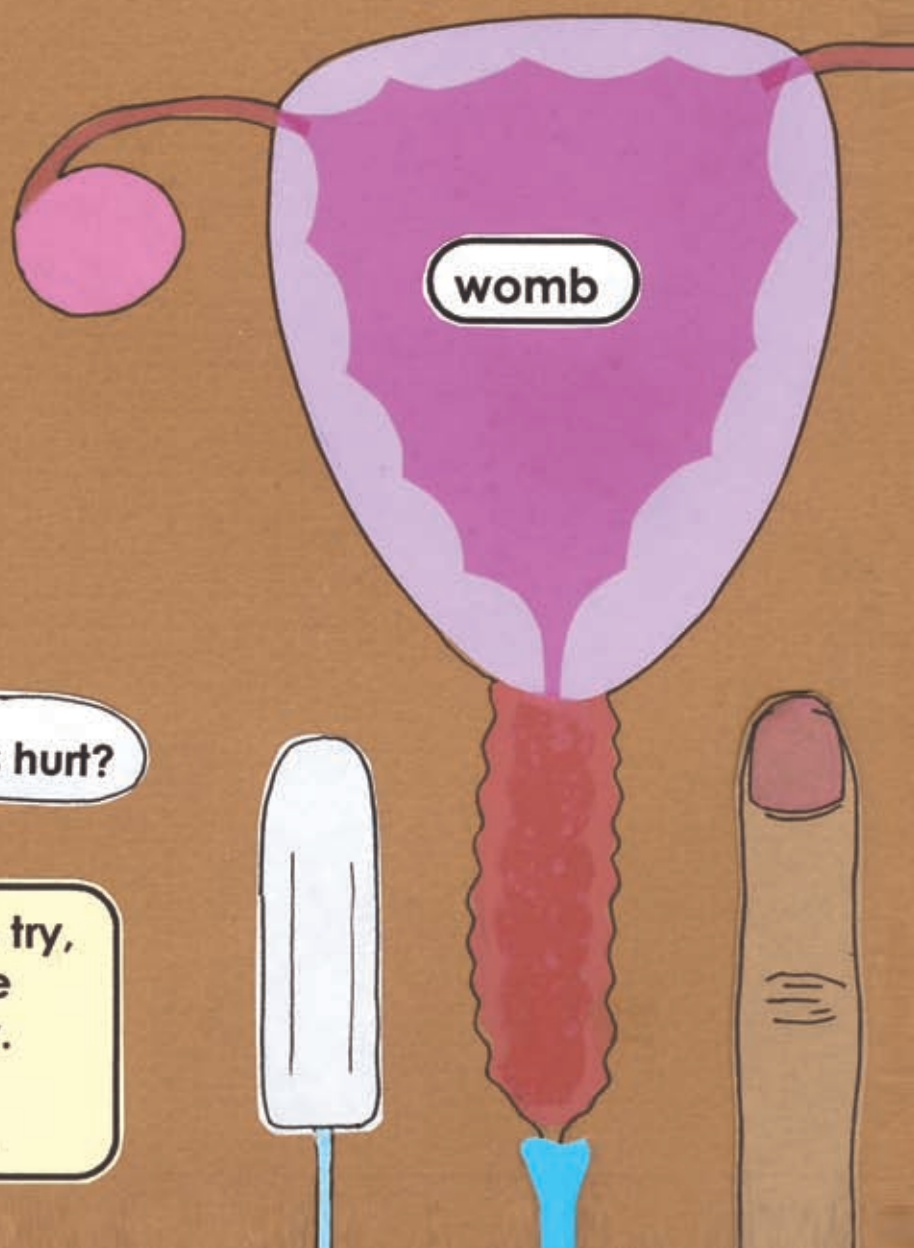
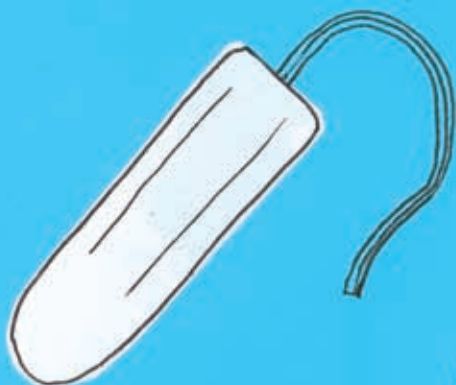


**A tampon will soak up the blood from your period.
Always take the tampon out before you put a new one in.
It is very important to take the last tampon out
at the end of your period.**

**It is important to change your tampon about every 4 hours.
Never keep a tampon in for more than 8 hours.**

What if I put the tampon in the wrong hole?

**The hole you wee out of is tiny, like a dot.
A tampon will not fit into it.
So you cannot put a tampon in the wrong hole.**

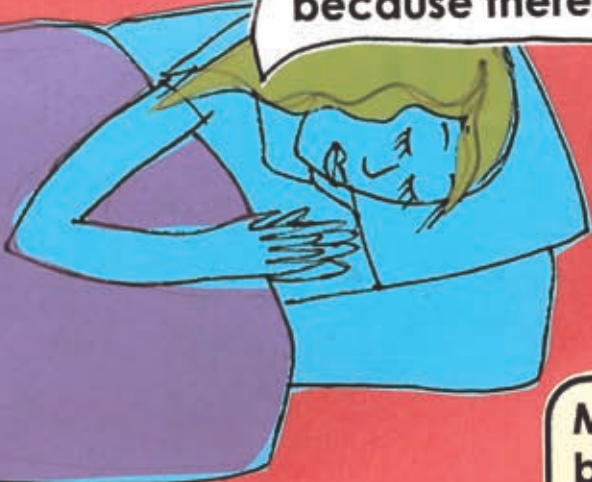


Do tampons hurt?

**It may be sore the first time you try,
but it should not hurt if you have
put the tampon in the right way.
Your vagina is the right size
for a tampon to fit comfortably.**



We all have different ideas about what is best for us.



Towels are better at night
because there is lots of blood.

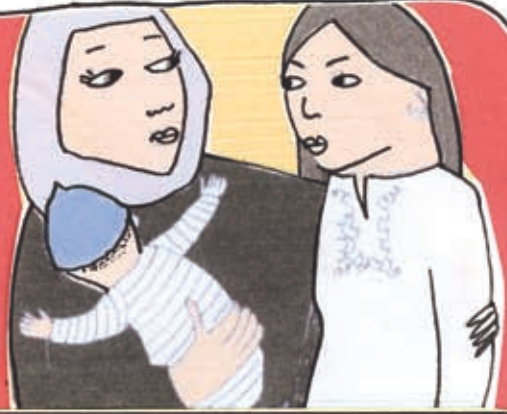


Towels are better for me
because someone helps me
to change them.

Maybe you will try tampons one day,
but some women never use tampons.
You need to work out what is best for you.



Tampons mean I can swim
when I have my period.



My sister started using tampons
after she had a baby.

You can talk to your doctor
if you have any worries about your health.
You can ask to see a woman doctor or the practice nurse.

If you have questions about your body or periods
you can telephone Women's Health and talk to a woman in private.

Helpline: 0845 125 5254

Monday-Friday 9.30am-1.30pm

Minicom 020 7490 5489