

Bamboozy

Bamboozy
Menstrual Disc

SIZE

M



100% MEDICAL GRADE SILICONE



Menstrual Disc

Manual

GREAT OF YOU TO PARTICIPATE!

Thank you for purchasing the Bamboozy Menstrual Disc!

Together, we are working to reduce waste by taking small steps in our daily lives and becoming more aware of the waste we produce.

Living more consciously does not mean taking the easiest path. And often not always the cheapest way either. It therefore requires courage.

Because if we don't do it, who will?

Thank you for that.

Together we stand strong for a better planet for each other, our children, and animals.

Please let us know if there is anything with your order or if you have any questions. As well as for feedback and improvements.

You can always reach us at **support@bamboozy.com**, in the chat on our website, or facebook and instagram under:

bamboozy.nowaste

YOUR MENSTRUATION

At Bamboozy, we understand better than anyone that every woman is different, and thus, has a different menstrual cycle. Therefore, a variety of high quality menstrual products are needed, where you don't have to choose between being good for the environment, or taking good care of your body during your period.

The idea behind the Bamboozy menstrual disc is to provide an alternative to the menstrual cup. The cup is not suitable for everyone. The disc is made of the highest quality medical silicone. Our menstrual disc lasts up to 5 years. This saves a lot of waste that tampons and pads generate.

Over the entire lifetime of a menstrual disc, this saves an awful lot of packaging, plastic, transportation, not to mention money.

HOW TO STERILIZE?

Be sure to sterilize the disc at the start of each menstrual cycle. So you don't have to do this every time you use it during your period, but you may of course do so.

After sterilizing the disc, make sure you let it cool down to room temperature before using it. Also, make sure you always wash your hands before touching or inserting the menstrual disc.

Here are 2 ways to sterilize the menstrual disc:

1. With the Bamboozy sterilizer.

The Bamboozy sterilizer is a disinfection cup that allows you to easily and quickly clean your menstrual disc or cup in the microwave.

2. Boiling it out in a pan.

Boiling out is equally effective and all you need is a pan.



The Bamboozy sterilizer is foldable and available on our website, or through bol.com, and Amazon.

How does the Bamboozy sterilizer work?

1. Unfold the sterilizer and remove the lid.
2. Fill the sterilizer with water up to the first ring (about 12 ml)
3. Place the menstrual disc in the sterilizer, with the stem/bottom facing up.
4. Place the lid with a small opening on the sterilizer (so do not close it completely)
5. Activate the microwave for about 1 minute on high setting (1000W)
6. Remove the sterilizer from the microwave and remove its lid (note it may be hot)
7. The disc is now completely free of bacteria and ready for use
8. If you are not going to use it immediately, place the disc in the provided silicone bag after drying.
9. If your microwave's maximum wattage is lower than 1000W you can let the disc sterilize longer
(ex: by 800W maximum wattage, you can leave the disc for 80-90 seconds instead of 60 seconds)

How does boiling out in a pan work?

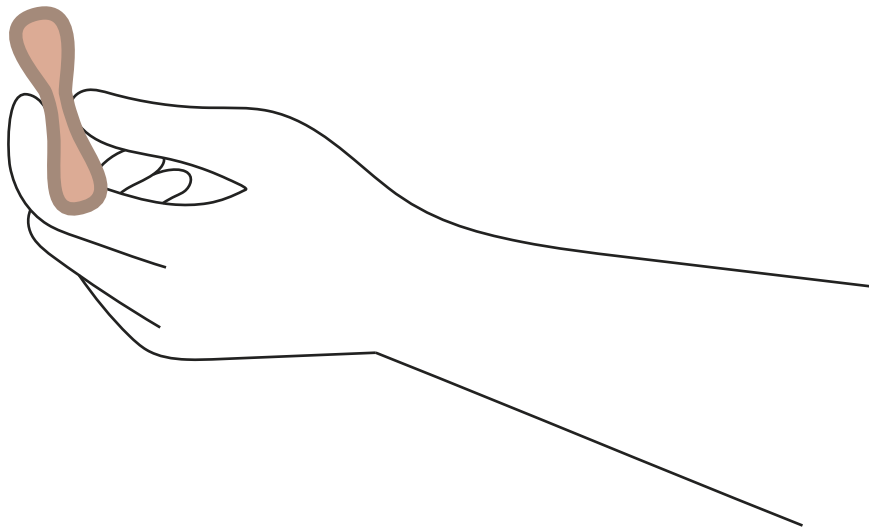
You can also sterilize the menstrual disc by boiling it in a pan on the gas stove. Let the disc float in boiling water for about 4-5 minutes.

When doing so, make sure that the disc does not touch the bottom of the pan. If necessary you can use tongs or a colander spoon.

Note: You do not need to add any soap or cleaning product while sterilizing the disc/cup in the microwave, because the cup will be sterilized due to steam and radiation.

FOLDING THE DISC

You fold the disc by pressing it together in the center with your thumb and forefinger to create an "8" shape. You may find it a little exciting or overwhelming at first, and it may take some time for the disc to sit properly. Don't worry, this is perfectly normal.



INSERTING THE DISC

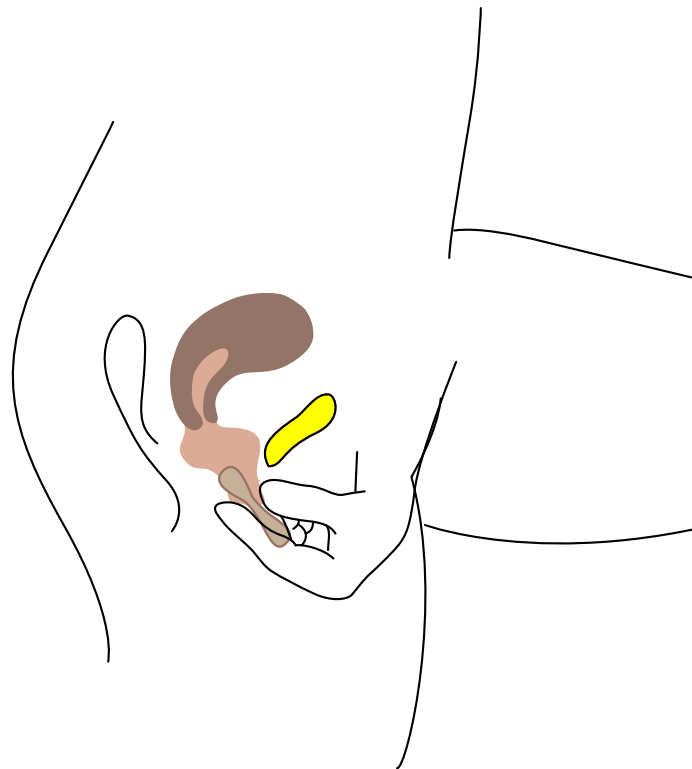
If you have folded the disc, then you are ready to start inserting it. Take a deep breath and make sure you are relaxed. Inserting a disc is a little easier than a cup.

Is this your first time using a menstrual disc? Then it is best to test it during the day, using a panty liner or wearing menstrual underwear. (You can also practice with inserting and removing the disc outside of your period).

You can insert the Bamboozy menstrual disc sitting down, squatting with your leg up, lying on your side, or on your knees.

Everybody is different so experiment with your positions. With your folded disc one hand, spread the labia with your free hand before inserting the disc. You can insert the Bamboozy menstrual disc sitting down, squatting with your leg up, lying on your side, or on your knees.

Everybody is different so experiment with your positions. With your folded disc one hand, spread the labia with your free hand before inserting the disc.



With the open side up, slowly insert the disc into the vagina. Point it diagonally up toward your tailbone (not straight up) until most of the disc is completely inside the vagina. Push the disc as far back as possible.

Many women are afraid to push the disc too far back. Do you have a lot of leaks? If so, this is the reason. **Then wiggle the edge of the disc behind your pubic bone (in yellow on picture).**

Practice and you will become more and more skilled at it.

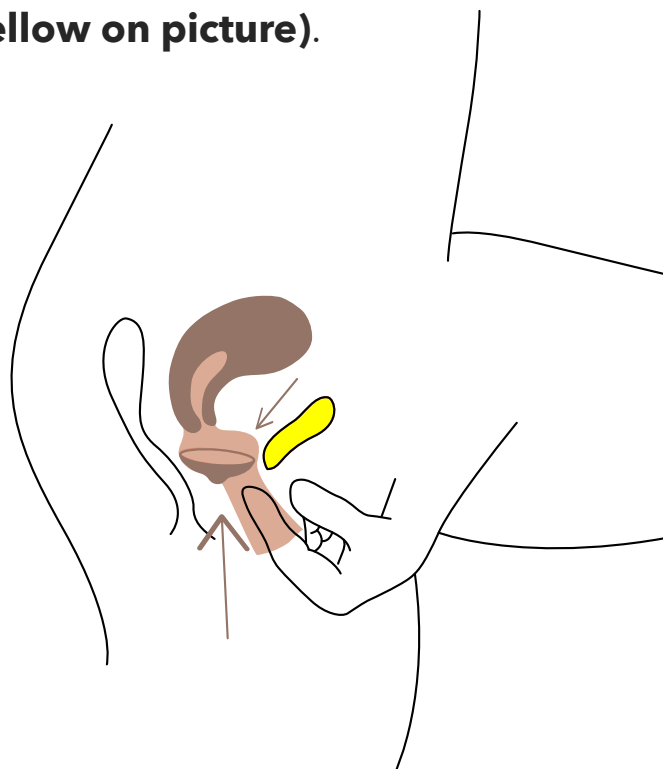
Every cervix has a different length, the disc unfolds around your cervix and not into your vaginal canal like a cup. A menstrual disc does not create a vacuum like a cup.

How can you know that the disc is in the right place?

This is, and always will be a tricky one. In the beginning, you will follow the steps above and still find that it may not be sitting quite right. In that case, it is necessary to remove the disc and try again. You can reach with your longest finger from the back to check if the disc is fully unfolded and pushed as far back as possible, or push it deeper if necessary.

Here are some tips that may help:

1. You should not feel the disc, if you feel the disc it is probably not far enough back. Be sure the edge is behind your pubic bone.



2. When inserting, point the disc toward your tailbone, the angle is important because otherwise the disc may be in front of your cervix.

3. Try to "scoop" your cervix if you can feel it with the disc. A cervix pressed all the way back against your vaginal wall makes it more difficult to get the disc around it. In that case, it is better to use a cup that sits lower in your vagina.

4. If your disc shifts and enters your vaginal canal, it may cause discomfort and leakage. This can occur by going to the toilet, exercising, or pushing the disc back behind your pubic bone. You try to get the front of the disc behind the "notch" in your body. Should your disc shift or slide, then it is actually too big or too small.

WEARING THE DISC

You can leave the Bamboozy menstrual disc in for up to 12 hours at a time. Depending on your flow and the severity of your period, you may need to empty it earlier.

You can also safely leave the disc in for up to 12 hours at night. In addition, it is also safe to exercise, swim, and dive with the disc without it leaking when inserted properly.

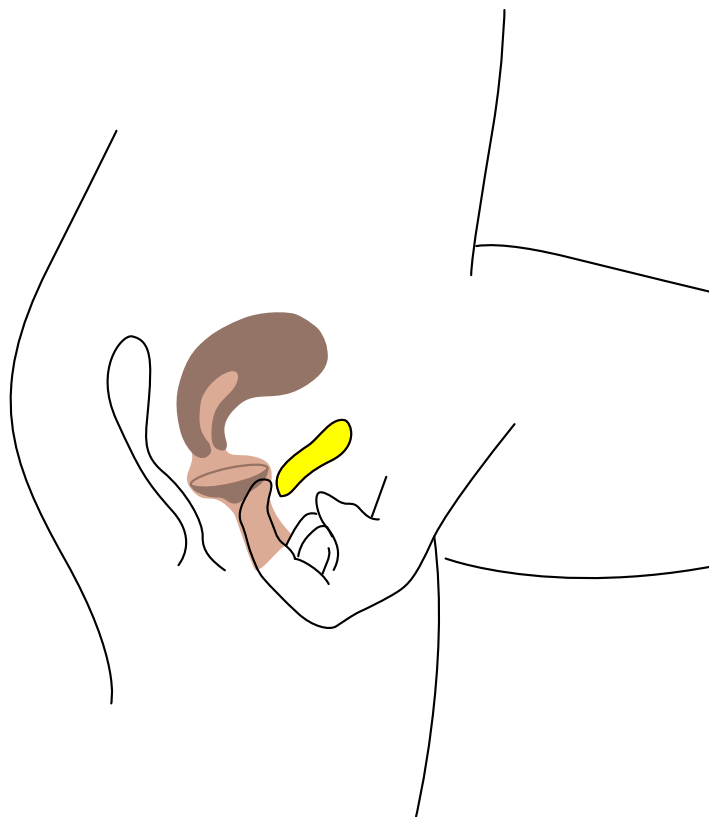
The disc is also known to allow you to have penetrative sex during your period. Some couples can feel the disc, while others cannot. It doesn't always work for everyone. Don't forget to empty the disc before you start.

REMOVING THE DISC

The first time you are going to remove the disc may feel a little strange. Therefore, make sure you read the instructions first and that you are relaxed. Always wash your hands before removing the disc.

So how do you do it?

Make sure you assume a comfortable position. As with insertion, this can be sitting, squatting or with one leg up. Spread your labia with your fingers and insert your index finger until you feel the edge. Then, like a "hook," pull the disc down slowly, making sure it stays as horizontal as possible. Can't quite reach the disc? Don't panic, tighten your pelvic floor muscles (the feeling when you poop, you don't have to push super hard) to push the disc down.



Once you get the disc out, you can empty it into the toilet or a sink. Rinse the disc before reinserting it or store it in the provided box.

CLEANING THE DISC

If you plan to reinsert your disc immediately, it is best to rinse it out with cold water first. Then wash it with warm water and a mild, unscented and oil-free soap. Afterwards, rinse it again thoroughly. The thin part is strong, so don't be afraid of it tearing.

- You don't need to re-sterilize the disc every time you use it, but of course you may do so.

STORING THE DISC

If you need to store or carry the disc temporarily (for less than 12 hours), it is possible to use the Bamboozy Sterilizer. Be sure to clean both the disc and the sterilizer thoroughly afterwards.

During the period when you are not menstruating, the disc should be allowed to air out. This is what the open box provided with your disc is for. Be sure to always re-sterilize the disc before its first use.

Important: Never store your disc in a plastic bag or airtight container.

CAUTIONS

- Sex with a menstrual disc is at your own risk.
- The menstrual disc does not act as a contraceptive and therefore does not protect against pregnancy or STDs.
- If you have an IUD, consult your doctor for information about the risks and advice.
- Do not use the menstrual disc if you have a fungal or bacterial infection.
- If you experience a painful or burning sensation while wearing the disc, or experience discomfort with the disc when urinating, it is wise to consult a doctor.
- If you have ever had TSS (Toxic Shock Syndrome), consult a doctor before using the disc.

Toxic Shock Syndrome TSS

Even though the risk of TSS is many degrees lower while using the disc vs. using a tampon, it is unfortunately still present. TSS is a rare but dangerous disease that can occur in women during their periods.

The symptoms that come on early are similar to a normal flu. You feel sick, may experience headaches, muscle aches, fever and chills, diarrhea, vomiting, dizziness and confusion are also symptoms of TSS. If you experience these symptoms while wearing your menstrual disc, it is important to call your doctor.

LASTLY

Do you have more questions or comments for us? Send us a message at **support@bamboozy.com**. Want to share your new purchase? Tag us at **bamboozy.nowaste** on Facebook and Instagram.

THANK YOU.

All information provided is for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

The information should not be considered complete nor should it be used in substitution of a visit, phone call, consultation or advice from your physician or other health care provider.

We do not recommend self-management of health problems. Information obtained by using our services are not intended to diagnose, treat, cure or prevent any disease or condition. If you have health care questions, call or consult your physician or other health care provider immediately. You should never ignore or delay seeking medical advice because you have read something here.

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