

MATRIX-001

Vaginal Insert Guide

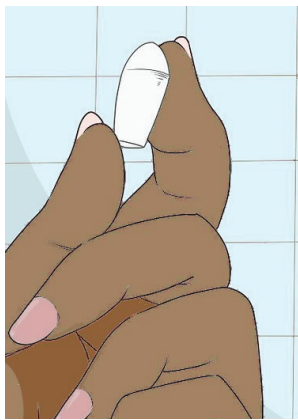


Remember

Always wash and thoroughly dry your hands before handling the vaginal insert.

You may place the insert into your vagina while standing, lying down, or squatting.

The insert will dissolve completely in the vagina within 15-30 minutes.



1

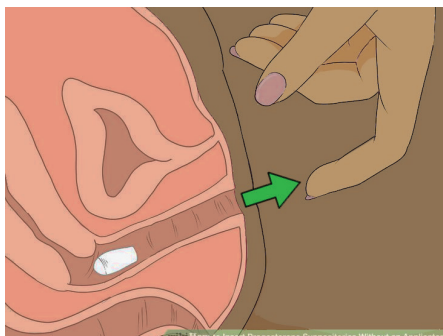
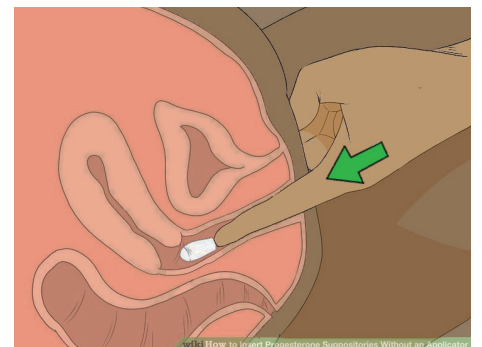
Hold the insert (with the tip facing outwards from your palm) between your thumb and index finger.



*Clothes do not need to be removed for insertion.

2

Gently insert the tip of the insert into your vagina with your finger and push the insert into your vagina as far as it will comfortably go.



3

Remove your finger, making sure the insert stays in the vagina.