

# RECAfem - Instruction for use

## The application step by step

Wash your hands and remove the protective film

Unwind the string attached to the tampon

Soak RECAfem in warm water for one minute and squeeze out the tampon

If desired, lubricate the tampon (e.g. with personal lubricant or oestrogen ointment, if necessary take medical device)

Get into a comfortable, relaxed position (lying on your back with your knees bent, sitting on a toilet or standing with one foot on a chair)

Insert the tampon deeply into the vagina. By an uncomfortable feeling bring the tampon with the fingertips into a position which is more comfortable for you

If you want you can fix the string with a skin-friendly plaster

Perfect fit without feeling of pressure: RECAfem

You can remove RECAfem by means of the string at any time during your visit to the toilet.

RECA fem is disposed after single use with the household waste

## Your well-being is important for us.

While using the toilet you don't have to remove the tampon

Remove the tampon after 12 hours at the latest

Don't use RECAfem during menstruation

While swimming the tampon doesn't have to be removed

## Tampon sizes and item numbers:

Item No.	66/1	66/2	66/3	66/4	66/5
Ø / length mm	23/44	27/44	33/44	40/44	45/44
Item No.	66/1 V	66/2 V	66/3 V	66/4 V	66/5 V
Ø / length mm	23/31	27/31	33/31	40/31	45/31
Material	PVA foam				
String	man-made fibre				
Sales unit	10, 30 or 60 pcs				

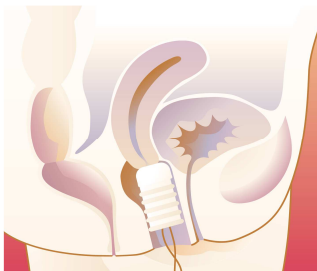


Note the instructions for use



single use

CE 0197



### Contraindications:

- Bleeding with unknown origin
- Acute infections of the vaginal area
- Unknown pains in the abdomen

### Side effects:

While using RECAfem it is possible to have a casual feeling of pressure. This feeling disappears normally after 3-4 days or at the latest after removal of the tampon

### Warning:

If you have during use of tampons symptoms like fever, diarrhea, vomiting, dizziness and/or skin rash, remove RECAfem at once and consult your family doctor.

We ask you to follow the instructions for use. RECA Med accepts no liability for damage due to incorrect use. In case of multiple use the hygienic conditions aren't longer met.