

How to insert a SoftCup or also called a FlexDisc

Step 1: Wash your hands for 20 seconds.



Step 2: Take the Softcup out of package and fold it in half.



Step 3. Once it is folded in half; insert it like a tampon into your vagina. Push it back as far as it will go. Past the pelvic bone. You should be able to keep it in for **12 hours**.

