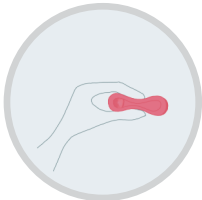


YOUR STEP-BY-STEP GUIDE

A menstrual disc sounds exciting – but how do you actually use it? That's exactly what we'll show you here: step by step. With just a few moves, the rayne Disc sits securely and comfortably – for up to 12 hours.

LET'S GO



Your rayne Disc comes in a ready-to-use package – hygienically cleaned and ready to go. Just unpack and get started.

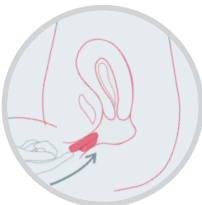
Wash your hands, take a deep breath, and relax – you've got this!

To insert, press the disc together in the middle, with the tab facing away from your body.

Once folded, it's about the size and shape of a tampon – no complicated folding techniques. Easy and intuitive.

And don't worry: if you don't use it straight from the package, just boil it for 2–3 minutes or clean it with our Disc Cleaner.

INSERTING



3 body positions make insertion easier: squatting, lying back with legs up, or sitting on the toilet.

Relax, guide the back rim of the disc into your vagina, and push it as far back as possible towards your tailbone with your index finger. To position it correctly, tuck the front rim up behind your pubic bone.

It gets easier with every cycle. Give yourself some time and stick with it!

WEARING



The disc is in – whoop! If you've inserted it correctly, you shouldn't feel a thing and will probably forget it's even there.

You can wear it for up to 12 hours without worrying. With a capacity equal to 5–6 tampons, it keeps you secure even with a heavy flow.

And the best part: thanks to the self-emptying function, you don't have to worry when you're out and about.

(More info on this in our Tips & Tricks.)

REMOVING



To remove, first wash your hands and grab the rayne disc by the tab. Pull it out slowly, keeping it horizontal to avoid spilling. Thanks to the finger tab, it's simple and clean.

If you still feel unsure, try removing it for the first time in a warm shower.

CLEANING AND CARE

During your period, rinse the rayne Disc with water first and then clean it with our Disc Cleaner. The cleaning spray was specially developed for gentle care and keeps your disc hygienically clean.

Between cycles, we recommend boiling the disc for 3–5 minutes. After drying, store it in a cool, dry place. Make sure it is completely dry.

TIPS & TRICKS

- A water-based lubricant can make insertion easier.
- If you feel unsure about inserting or removing your disc, try it in the shower.
- For some users, the disc may self-empty on the toilet. This can be very convenient on heavy days! Most of the time, it reseals automatically. If not, simply push the front rim back in place.
- Thanks to its flat fit and placement, you can also wear the disc during sex.

SAFETY NOTES & RECOMMENDATIONS

- Always wash your hands before and after insertion/removal.
- The rayne disc is not a contraceptive and does not protect against pregnancy or sexually transmitted diseases.
- Use only during menstruation.
- Remove immediately and consult a doctor if you feel pain.

Toxic Shock Syndrome (TSS): TSS is a rare but serious illness that can be life-threatening. Symptoms may include: sudden fever, vomiting, diarrhea, dizziness, fainting, rash. If you notice any signs, remove the disc immediately and see a doctor. After TSS, seek medical advice before using tampons, cups, or discs again.

FOR MORE INFORMATION

Visit raynecare.com or write to us at hello@raynecare.com