

Safety Tips

For Using Tampons

Avoid using tampons if you have ever been diagnosed with toxic shock syndrome.



Read and follow all the usage instructions provided by the manufacturer.

Use FDA-approved tampons to enhance the safety quotient.



Refrain from using a tampon as a precautionary measure during premenstrual syndrome.

Cleanse your hands thoroughly before and after inserting the tampon.



Change the tampon at least once every four to eight hours.

Discard a soiled tampon promptly and never reuse it.



Do not use tampons as an overnight menstrual product.

References

1. The Facts on Tampons—and How to Use Them Safely; FDA
2. Menstrual Tampons; Health Canada