

GEBRUIKSAANWIJZING SPONSJE



SPONGE PLUS CONDOM

A sponge does **not** protect against pregnancy or STI's. That's why it is important to always use a condom with a sponge or a dental dam - a thin sheet of rubber - for licking.

A sponge absorbs fluid so the vagina gets drier. Using extra lubricant on a condom can stop it tearing. Do not use a sponge with an existing hymen.

INSERTION

Wash and rinse your hands well before insertion. Make sure no soap is left on them.



Take the sponge out of the pack. If it's dry, moisten it with some water or neutral lubricant (water-based). This makes it easier to insert. Squeeze it out properly, otherwise it is already 'full'.

Hold the sponge between your thumb and forefinger and squeeze it. If it has a hollow and a rounded side, hold the hollow side face up. That side covers the cervix.



Hold open your vaginal lips with your other hand and insert the sponge. Push it up high in your vagina with your forefinger so that it completely covers the cervix.

The easiest way to insert a sponge is standing up with one leg higher than the other. For example, with one foot on a chair.



How often you will need to change sponges depends on your menstruation. It's best to insert a new one after you've had sexual intercourse. And never leave a sponge in for longer than four hours. That could cause an infection!

MAX 4 UUR/HRS



Also read: TOXIC SHOCK SYNDROME.

REMOVAL

Wash your hands well before removing the sponge.

Relax your body - crouching down is a good position. Get hold of the sponge with your thumb and forefinger and pull it out of your vagina. If you can't get to it, try pushing a little as if the sponge were faeces.

If you cannot manage to remove the sponge, consult a doctor.

Always check whether you have removed the previous (or last) sponge, also before you go to bed at night. Never throw a used sponge down the toilet as it could block it.

A sponge can only be used once. Using it again could lead to infection.



TOXIC SHOCK SYNDROME

TOXIC SHOCK SYNDROME

It is uncommon, but a Toxic Shock Syndrome can occur during menstruation. If during your period you suddenly get the following symptoms, remove the sponge and call a doctor (tell him you have your period): an acute high fever, vomiting, diarrhoea, headache, fainting and a skin rash resembling sunburn.

IF YOU HAVE ANY QUESTIONS ABOUT USING SPONGES AND SAFER SEX, CONTACT:

- THE STI INFOLINE: 0900-9109106
- YOUR LOCAL GGD HEALTH CENTRE.