



SUPPOSITORY APPLICATOR

Designed for
Comfort & Control

USER MANUAL

How To Use

Before You Begin

- Wash your hands and the applicator thoroughly with warm water and antibacterial soap.
- If desired, apply a small amount of water-based lubricant to the clips of the applicator to ease insertion.
- Choose a comfortable position, such as lying on your back with your knees bent, standing with one foot raised on a stable surface or squatting.

Loading the Applicator

- Gently pull back the handle (plunger) of the applicator.
- Place the suppository securely into the clips at the tip of the applicator.
- Using your finger, carefully press the suppository into the clips until it is fully seated and held firmly in place.



Inserting the Applicator

- Slowly insert the applicator tip into the vagina or rectum.
- Using the finger rest, push the plunger gently but firmly to release the suppository.
- **For vaginal use:** Insert approximately 3 inches (7–8 cm) into the vaginal canal.
- **For rectal use:** Insert past the sphincter until the suppository is fully released.
- Remain seated or lying down with your legs closed for several minutes to allow the suppository to settle in place.
- Carefully withdraw the applicator.

After Use

- Wash the applicator and your hands with warm water and antibacterial soap. Rinse thoroughly and allow the applicator to air dry completely before storage.

Alternative Use With A Menstrual Cup

The Intifresh Applicator may also be used to assist with the insertion of a compatible menstrual cup. The overall insertion technique is similar to the suppository method. Please follow the same preparation and insertion steps outlined above, with the exception of the loading process.

Loading the Menstrual Cup

- Sterilise the menstrual cup before use.
- Fold the cup using your preferred fold method (e.g. C-fold or punch-down fold).
- Secure the folded cup within the clips, ensuring it is held firmly and evenly. It should look like this



Insert the menstrual cup at a slight downward angle toward your tailbone. Once released, ensure the cup opens fully within the vaginal canal. Once in place, you may gently rotate or adjust the base of the cup with clean fingers to ensure proper placement and seal.

Removing the Menstrual Cup

The handle of the applicator may be used as a suction breaker to assist with menstrual cup removal.

- Gently insert the suction breaker into the vagina until it reaches the base of the menstrual cup.
- Carefully press the suction breaker between the cup and the vaginal wall and push the suction breaker into the cup to break the seal.
- Once the suction is released, use your free hand to pinch the base of the cup and gently guide it out of the vagina.

Usage Guidelines & Best Practices

To ensure comfort, safety, and optimal performance, please follow these guidelines:

- For best results, use suppositories before bedtime to enhance effectiveness and help minimise residue.
- Apply a small amount of water-based lubricant to the clips to assist with comfortable insertion.
- Insert the applicator gently and avoid positioning the clips too far into the vaginal canal to prevent discomfort.
- Clean the applicator thoroughly between uses to help reduce the risk of infection.
- Inspect the applicator regularly for wear or damage. Replace it if any damage is detected to maintain safety and performance.
- Discontinue use and consult a healthcare professional if you experience persistent discomfort, irritation, unusual symptoms, or signs of infection.

Cleaning and Care

To maintain the hygiene and longevity of your Intifresh Applicator:

- Pull the handle and clip apart to allow the full surface area to be cleaned.
- Wash before and after each use with warm water and antibacterial soap.
- Rinse thoroughly to remove all soap residue.
- Allow to air dry completely before reassembling and storing in a clean, dry place.

