



One excuse less.

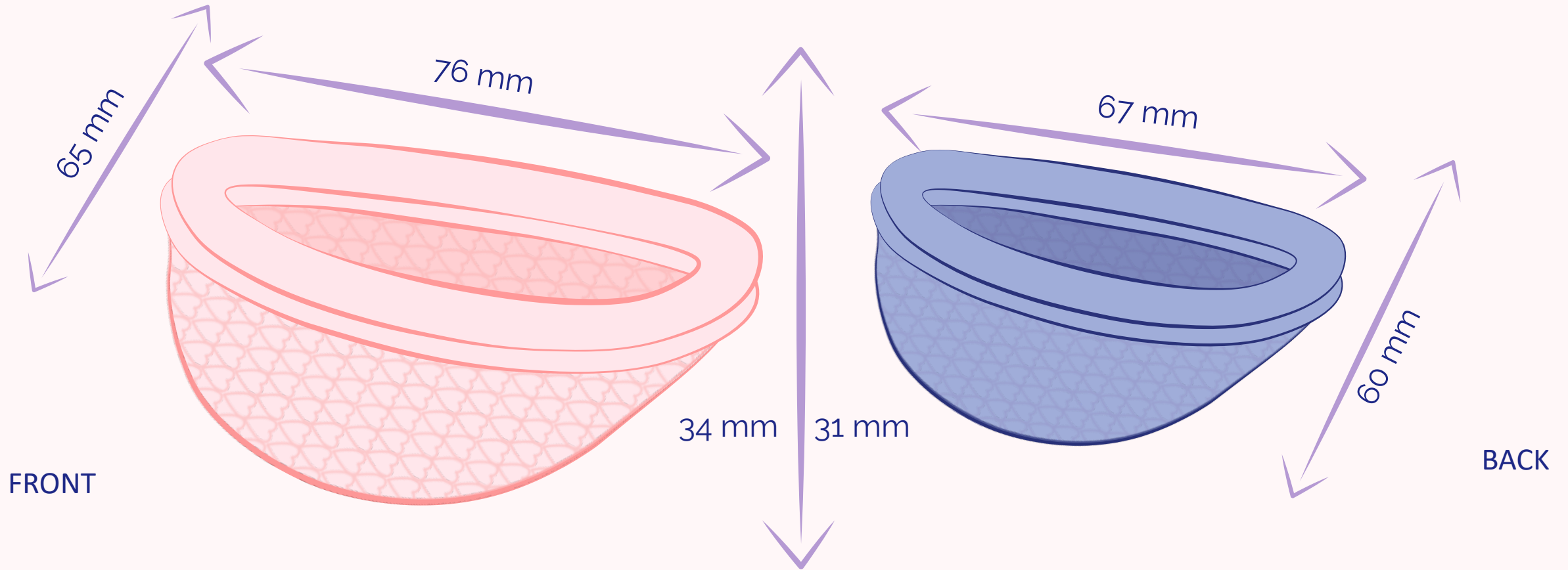
**over
the full
moon**



First of all, we would like to thank you for shopping with us and choosing over the full moon. We hope that similarly like hundreds of our customer you will be over the moon with Dione Disc.

Discs overview

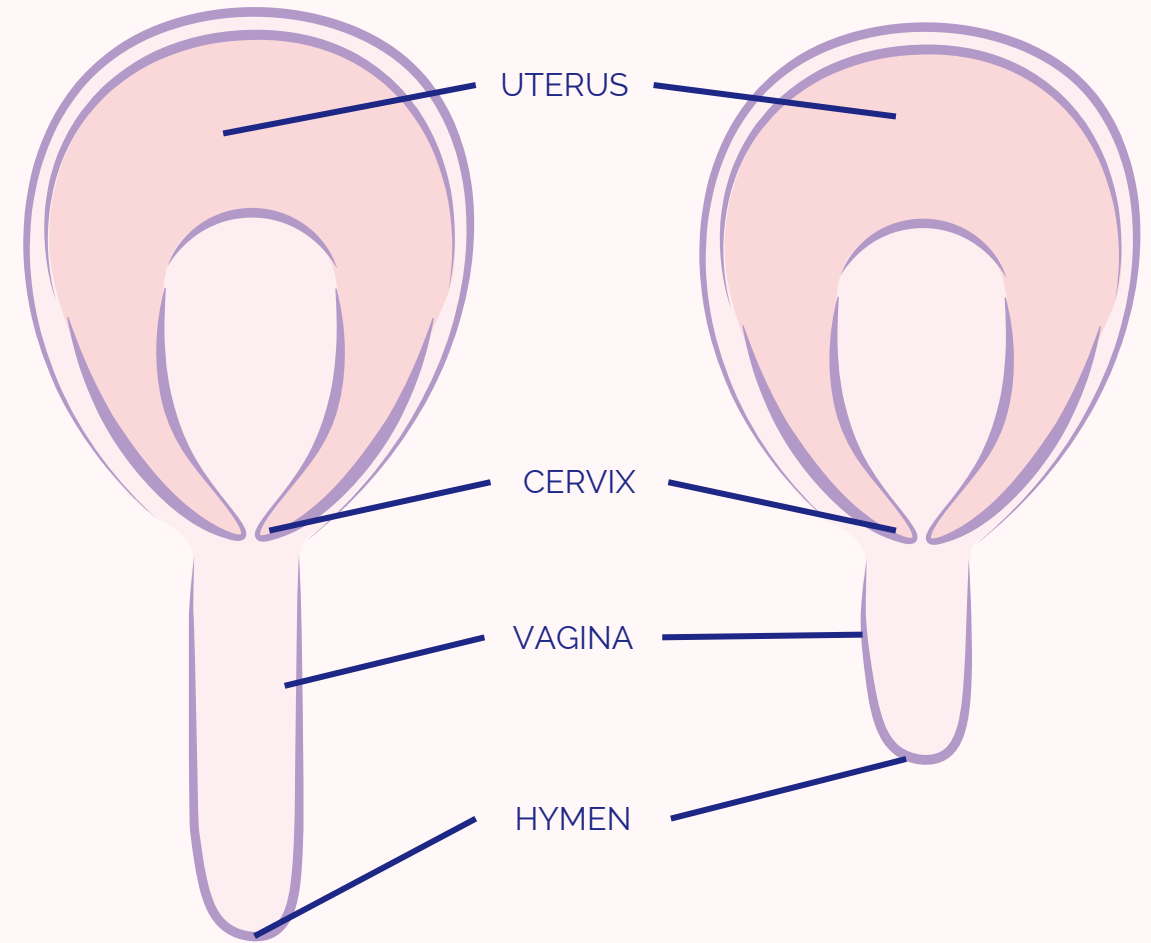
DOUBLE RIM TO PREVENT ANY LEAKAGE



How to measure your cervix?

Over the full moon knows that we are all different and we are happy to embrace it. Dione Disc comes in two sizes: Small (blue) and Large (pink). To know which size will be perfect for you, let's determine your cervix length.

1. Wash your hands and find your comfortable position.
2. Insert your finger into your vagina until to encounter your cervix or as far as you can and remember until what part of your finger fitted inside you. Your cervix should feel like a tip of your nose. Stop and take out your finger if you experience any pain or discomfort.
3. Measure the length of the inserted part of your finger.

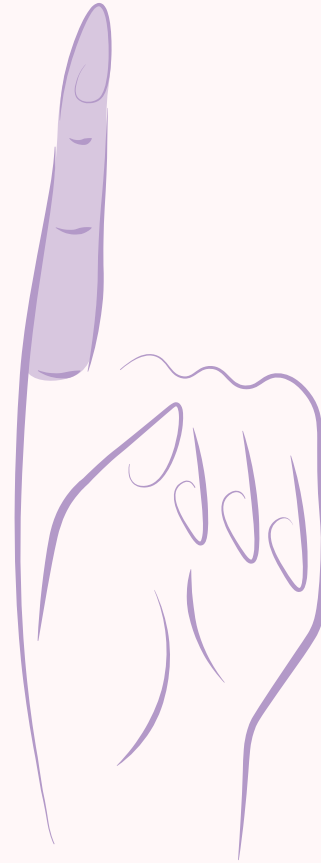




Low cervix – under 44 mm (1.8”) or can reach it with my 1st knuckle



Average cervix – between 45-55 mm (1.8”-2.25”) or can reach it with my 2nd knuckle

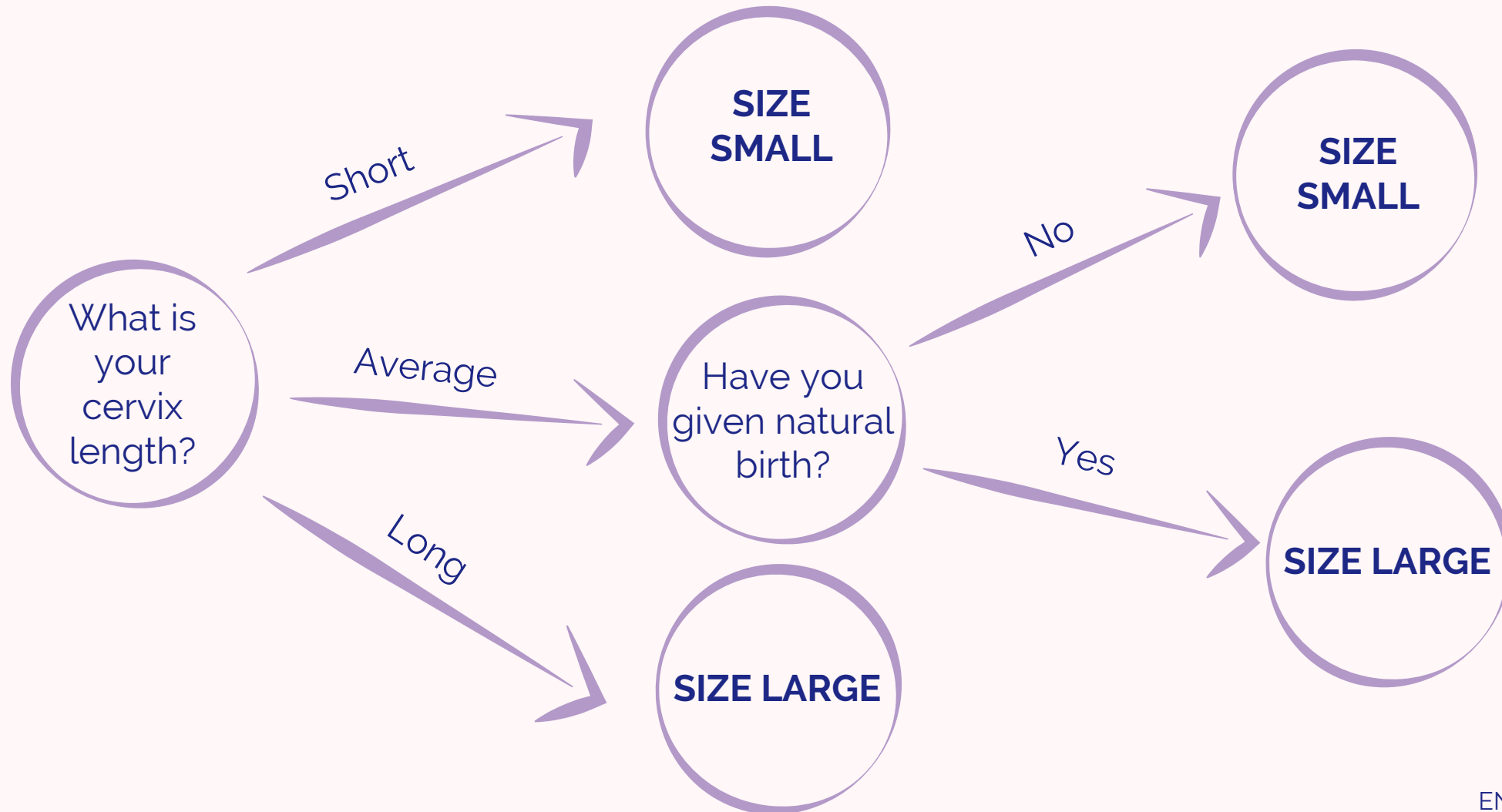


High cervix - above 55 mm (2.25”) or can't reach it with finger



Which size is the best for me?

After you found out your cervix length, please see the size chart below and determine which one should fit you best. Bear in mind that this is our recommendation, however you might find a different size fitting you better.



Getting started



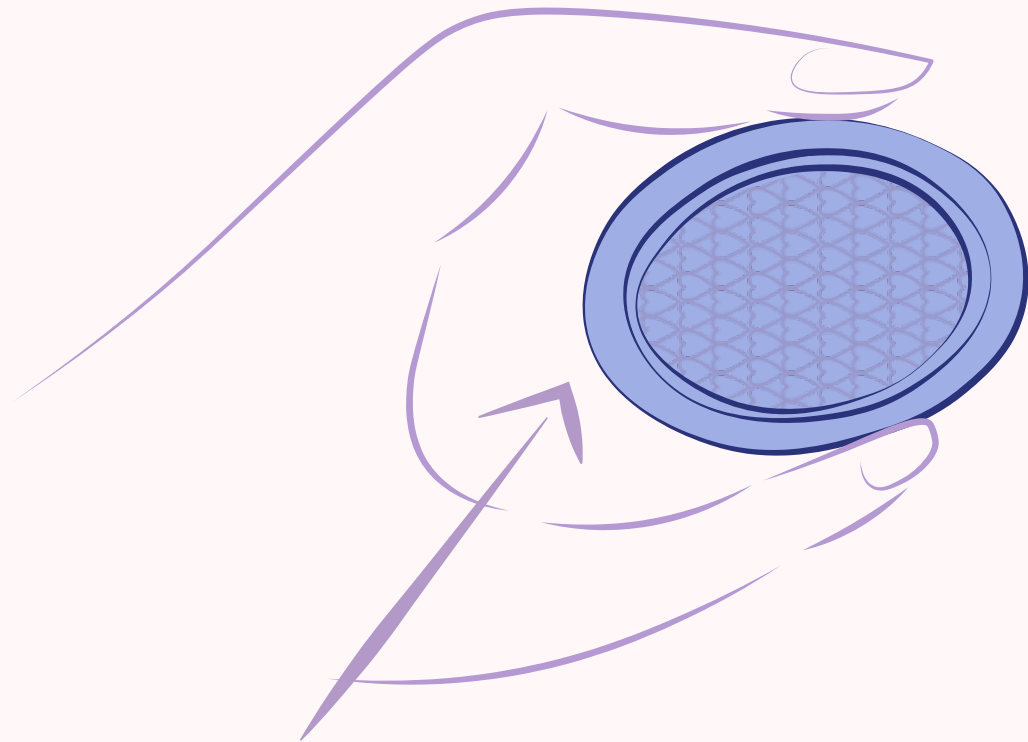
Before your first use:

1. Sterilise Dione Disc in boiling water and then wash it with mild soap, intimate hygiene gel, dedicated cleanser with warm water. Do not use oils, alcohol, bleach or harsh cleansers.
2. Wash your hands with soap and you are ready to start!



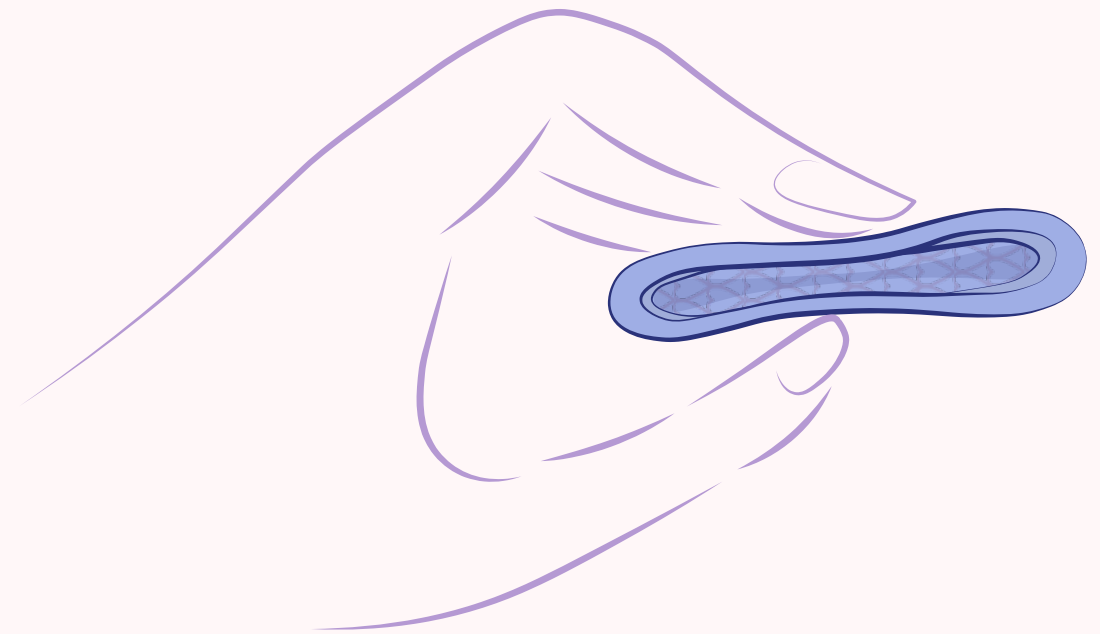
How to fold

1. Place the front of Dione Disc closer to you and hold the rim between your thumb and pointing finger.



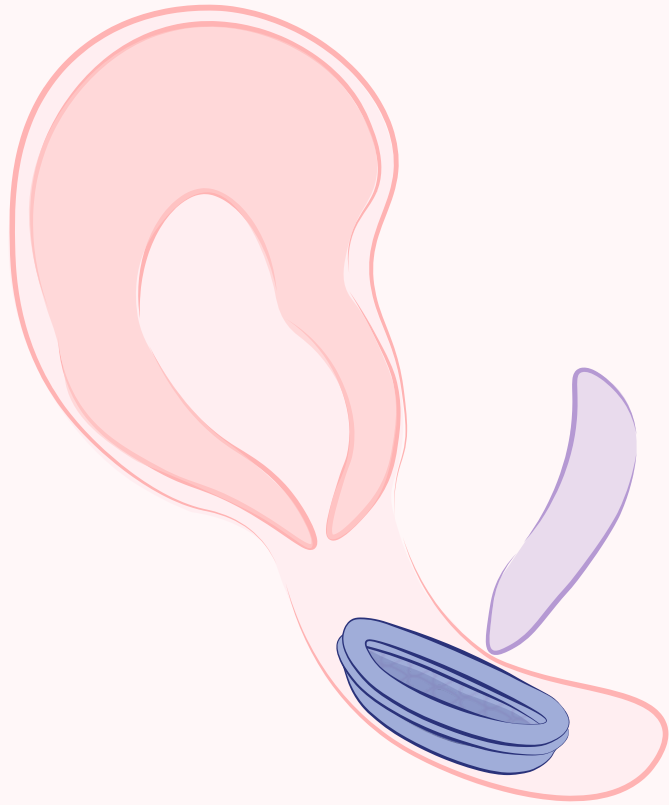
Front
(deeper end)

2. Squeeze it until its narrow.

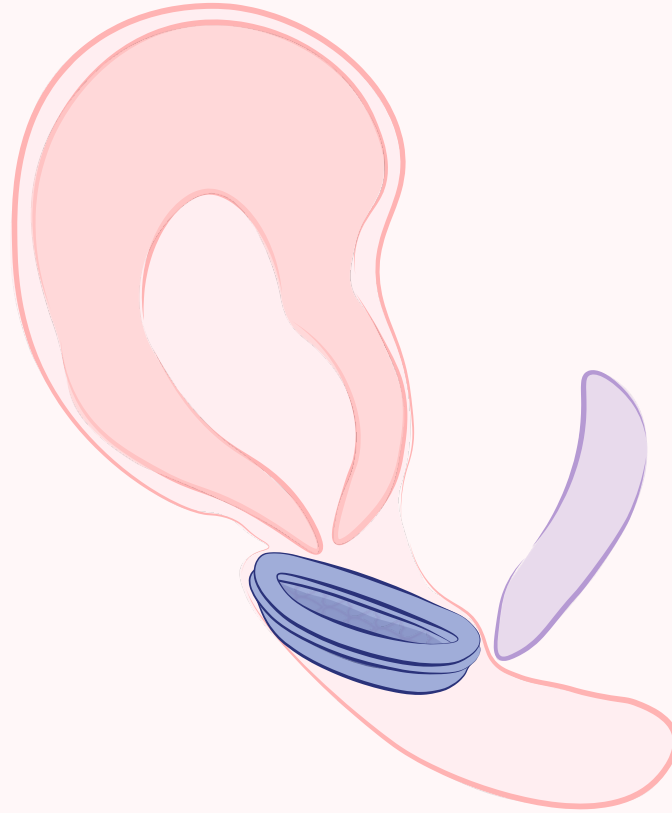


How to use?

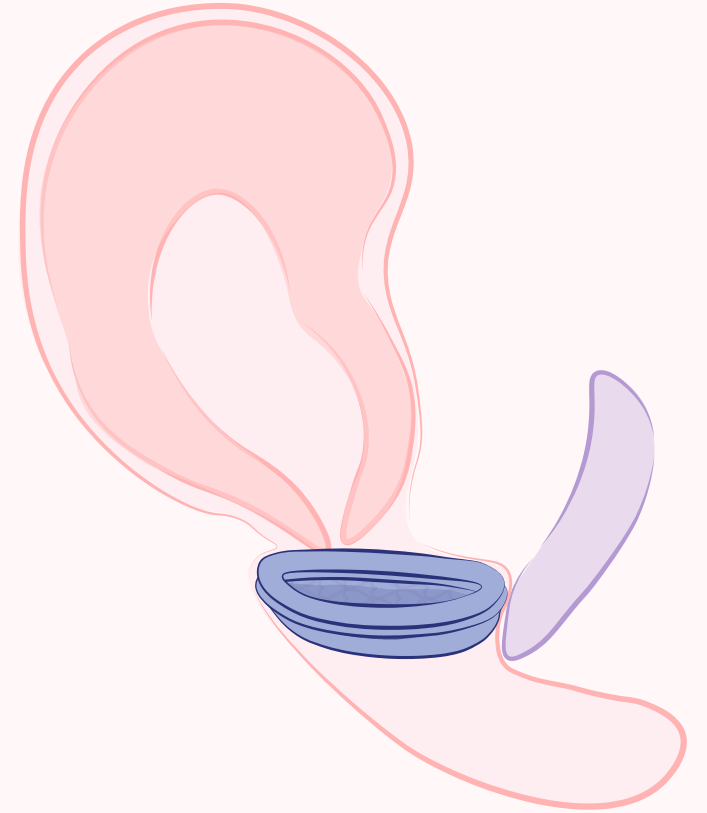
1. Insert the front of Dione Disc (deeper part first) into your vagina.



2. Push it as far as you can.

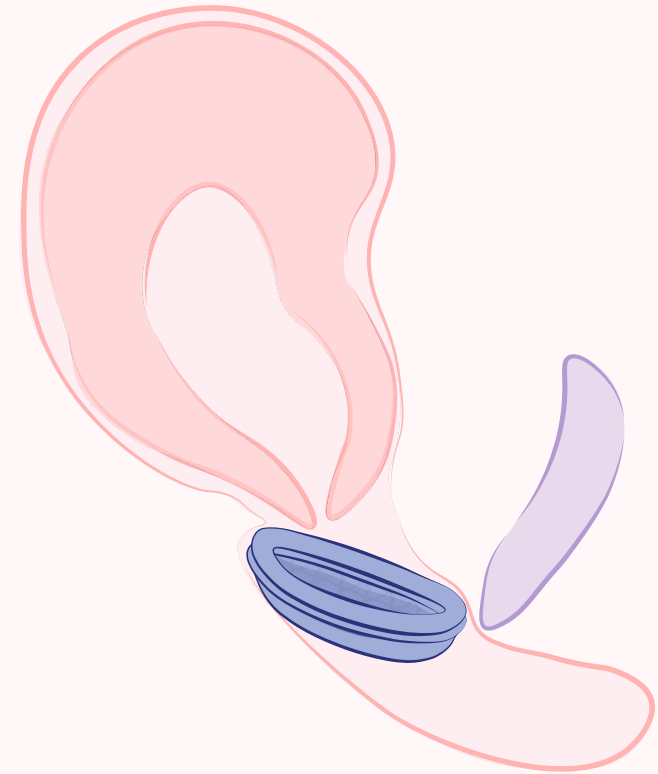


3. Tuck it against your pubic bone. You will feel it if you move your finger upwards and towards your urethra.

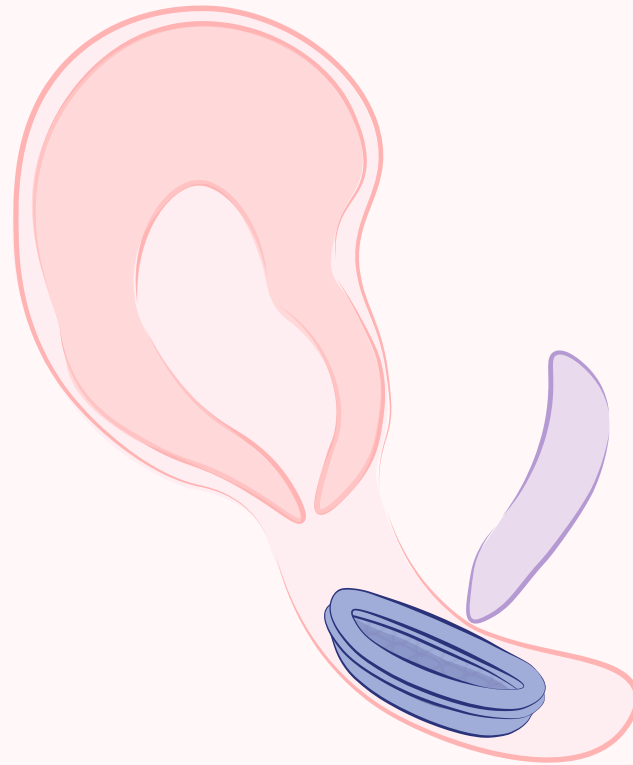


How to remove?

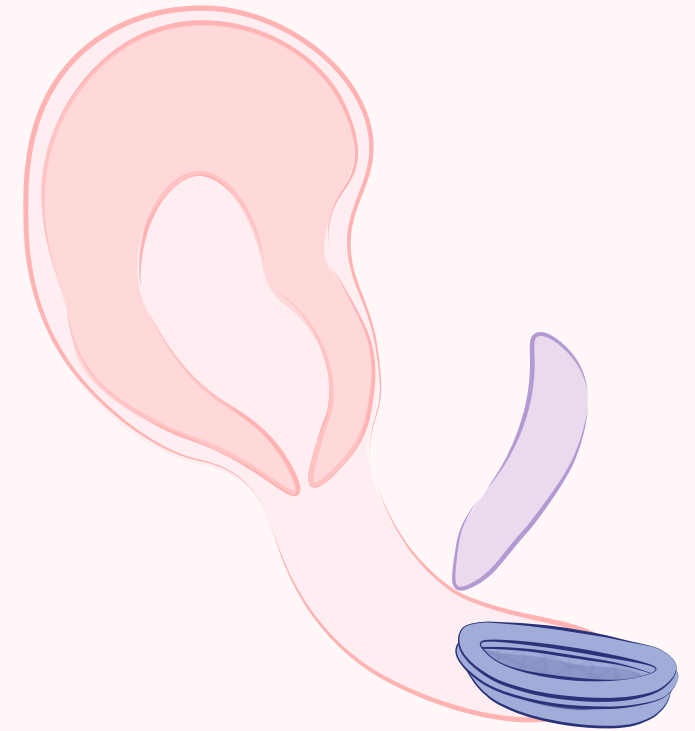
1. To remove untuck Dione Disc from behind your pubic bone.



2. Squeeze it and slowly pull it out.



3. Slowly remove from you vagina, empty, wash and reinsert Dione Disc.



Further Notes

You might find it hard to use it for the first time, but trust us it gets better with every time you use Dione Disc. Don't give up after first use! It takes time and practice to know its best position and how to find it. We recommend using Dione Disc with menstrual underwear or sanitary pads for 3 first periods of using it. If you have any further questions on how to use it, contact over the full moon team on contact@overthefullmoon.com and we will be more than happy to answer any of your questions.

It is normal for menstrual discs to empty during urinating. It is caused by your muscles tensions. If this happens please make sure that Dione Disc is right in its place and still tucked behind pubic bone.

DIONE DISC CANNOT BE USED AS CONTRACEPTIVE METHOD AND WILL NOT PREVENT YOU FROM PREGNANCY OR SEXUALLY TRANSMITTED DISEASES (STDs).

It can be used for mess-free sex as it does not block your vaginal canal. To enjoy Dione Disc with your partner, simply empty and wash it just before for better experience. For even better experience we recommend using size small, however size large can be used too.



Toxic Shock Syndrome (TSS)

Toxic shock syndrome is a rare life threatening condition caused by bacterial toxins.

Symptoms may include:

- **Fever**
- **Rash resembling sunburn, particularly on palms and soles**
- **Skin peeling**
- **Low body pressure**
- **Headache**
- **Seizures**
- **Muscle aches**
- **Redness of your eyes, mouth and throat**

It has been linked to usage of tampons or menstrual cups. If you experience any of these symptoms please discontinue using Dione Disc and contact your doctor immediately.

Menstruators who experienced TSS before should not use Dione Disc.

Taking care of Dione Disc

We recommend taking care of your Dione Disc every time you use it. This will help it stay in better condition and serve you longer. Any changes in colour is normal due to acidic nature of vaginal discharges. It won't affect its functionality or safety of Dione Disc.

Before first use

Put Dione Disc in boiling water and keep for at least 5 minutes. Then wash it with warm water and gentle soap. We recommend using intimate hygiene gel instead of hand soap, as it won't irritate your vagina and will be gentle on Dione Disc.

Between Emptying

After emptying your Dione Disc you can wash it with mild soap, intimate hygiene gel, dedicated cleanser with warm water or wipe it with wet wipe if you are in public toilet and do not have access to water. To prevent infection and irritation we recommend washing your Dione Disc as frequently as you can. Tap dry it, reinsert and enjoy everyday of your period as usual. With one excuse less.

Warnings and recommendations

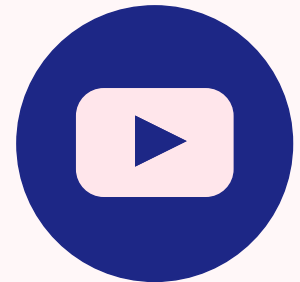
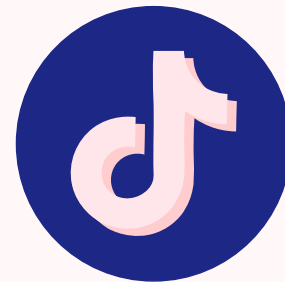
Dione Disc is not a contraceptive method and will not prevent you from getting pregnant or getting a Sexually Transmitted Disease.

We do not recommend using Dione Disc if you had TSS before.

Store in a safe place away from children and animals. Wash before each use with warm water and mild soap.

Stop using Dione Disc if you experience any pain or discomfort and we recommend contacting your medical practitioner.

Thank you again for choosing over the full moon. We would love to hear what you think or how we can improve. If you are over the moon with Dione Disc please let us know what you think on www.overthefullmoon.com.



In case you have further questions, concerns or wish to find out more out over the full moon products, please do not hesitate to contact us on contact@overthefullmoon.com or visit our website www.overthefullmoon.com were most of our customers find answers to their questions.

Disclaimer: Using Dione Disc you do this on your own risk. Neither over the full moon or its retailers take any responsibility or liability for the use of Dione Disc.

Model might be changed for improvements without notice.

© 2021 over the full moon by MIRAI. All rights reserved.

Designed in Europe.