

## How to use Menopause Pessaries Plus

Balance Activ Menopause Pessaries Plus come in hygienic single-use foil strips.

**Step one** To use Balance Activ Menopause Pessaries Plus, wash hands and remove a single pessary from the foil wrapping.

**Step two** Remove a single pessary from the foil wrapping.

**Step three** Sit or lie down with knees bent and legs apart. Gently insert the pessary into the vagina as far as is comfortably possible using your fingers.

**Step four** Wash hands again. Remember, the pessary should not be divided as it is intended for single use.

### How often?

Depending on whether you are using the product to relieve symptoms, or prevent symptoms from occurring or recurring, it should be used in different amounts and for differing lengths of time.

### Maintenance and Prevention

To maintain the natural pH balance and prevent recurrence of symptoms, use one pessary daily for four to five days. To help maintain the pH level during a course of antibiotics, use one pessary every three days for three months. If you notice a recurrence of symptoms around the time of your period, you should use one pessary at the end of your period for one to two days.