A. Insertion Procedure
The sponge may be inserted any time up to 24 hours before intercourse.

1. Remove the sponge from the airtight plastic pouch and hold it in one hand with the "simple" side up. The sponge should dangle in your hand.

2. Hold the sponge thoroughly with clean tap water. The water activates the spermicide.

3. Spot the sponge gently several times until it becomes very wet. You can also expose the sponge to the sky (the sponge should remain shady for insertion.)

4. Fold the sides of the sponge spread with a finger along each side to support it. The sponge should feel soft and warm. Be sure the string loop dangles, understand the sponge from one end of the loop to the other, as shown.

5. Bend your knees and point the end of the folded sponge toward your vagina for a few minutes. Do not approach the vaginal opening with a sweeping movement and insert the sponge as you continue to relax.

6. Place a standing position, squat down right side and spread your legs apart. Use your hands to spread apart the lips of the vagina. You may also wish to hold a small cup or a clean rag between your legs. Now, while you are still holding the sponge, slip your finger around the upper vault of your vagina with a sweeping movement and insert it immediately. Do not block the string loop dangle below.

7. How you or your partner push the sponge gently in your vagina as far as it will go, the cervix is not pushed up into the uterus; the string loop remains in the vagina. It is still difficult, using the following instructions to make your vaginal opening available. Tightly packed vaginal opening on hand as you can you find the loop immediately, before crying in the morning. If you find the loop (see "bearing down") section 8D). String loop immediately, before crying in the morning. If you have found the loop, grasp the string loop between your thumb and forefinger.

B. How do I find the cervical opening?

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C. How do I find the cervix?

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