

**Product Name:** Pocket Bidet  
**Materials:** Silicone, ABS  
**Dimensions:** 30 x 36 x 20mm  
**Colours:** Ice Blue/Lilac  
**Contents:** 1 x Bidet, 4 x Silicone Rings

### Product Description:

Quickly and effectively cleanse your perineum during postpartum, travel or camping trips with the handy Pocket Bidet. Designed to be compact and portable, this lightweight travel bidet is compatible with a wide range of bottle types, giving you more freedom whether you're at home or out and about. Its durable, sturdy construction keeps this bidet bottle cap in tip-top shape after repeated use, and the small, convenient size means you can take it with you wherever you need it. Keep yourself fresh postpartum or during your period, or make sure you'll never be caught short again when on long trips with the Pocket Bidet!

### Instructions:

1. Before use, ensure your hands are clean and your Pocket Bidet has been washed and sterilised according to instructions.
2. Attach silicone sealing rings then test the fit in your bottle. The fit should be snug without leaks. You may need to add or remove rings.
3. Fill bottle with warm (not hot) water. Attach your Pocket Bidet firmly to use. Remove and clean your Bidet thoroughly after each use.

### Cleaning and Care:

Before first use, soak in non-bleach-based sterilising solution for 2-3 minutes to sterilise. Wash immediately after use by cleaning in warm, soapy water (<50°C) using a soft brush or cloth and rinsing thoroughly. Do not use harsh scourers as this may damage the surface of your product. Avoid any strong cleaners, oils (including essential oils) or other substances which may irritate your perineum. Dry in a well-ventilated area to prevent moisture buildup. Store product in a cool, dry place and avoid direct sunlight.

### Caution:

- Check product condition regularly. Replace if this product shows any signs of damage.
- Do not store near any sharp objects.
- This product is not a toy. Do not use this product for anything other than its intended use.
- For adult use only.
- Keep out of reach of children and pets when not in use.
- External use only. DO NOT insert this product into the body for rinsing.
- For personal hygiene, DO NOT share this product to reduce cross-infection risks.
- Use as needed based on personal requirements. Excessive use may disrupt the natural vaginal flora balance.
- Always test water temperature before using. Avoid hot or cold water that could cause discomfort.
- If discomfort, itching, or other unusual reactions occur, discontinue use and consult a doctor.