

## Bun Form Cervix

### Materials

- 2 pairs of tights – Size XL or XXL (the larger the better), pink color
  - o The brand does not necessarily matter, but we used MANZI from [amazon](#) and found them to work well.
  - o 2 pairs of tights (4 total leg pieces) will make one cervix
- Scissors
- Ruler

### Steps

1. Cut the feet off both legs of the tights
2. Cut the hips off the top – you now have one hip piece & 2 leg pieces
  - o Set the hip pieces aside – these may be used later to secure the fruit into the model
3. Repeat steps 1 & 2 with a second pair of tights



Image 1 – 4 pairs of tights to be used for 1 cervix assembly

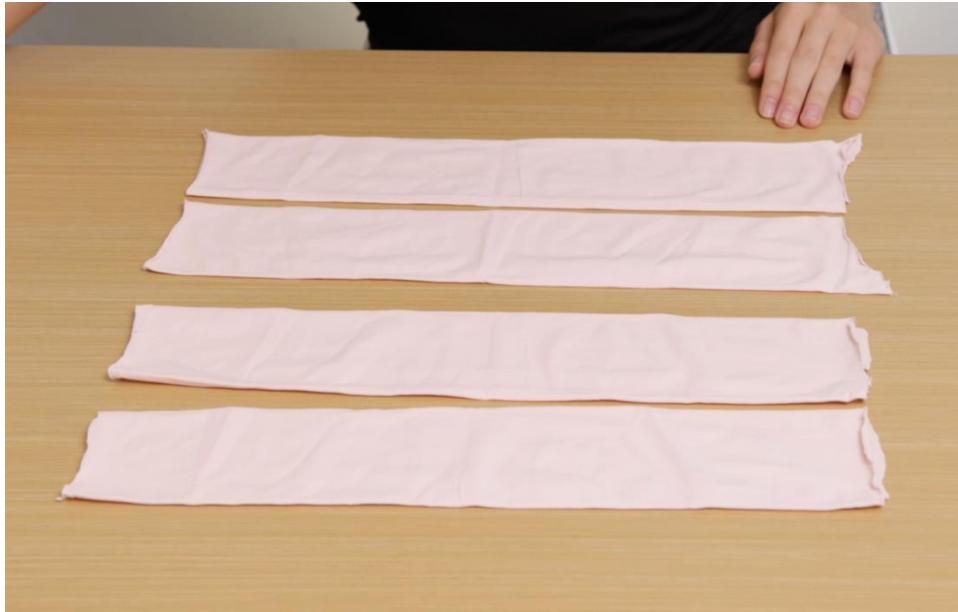


Image 2 – 4 leg pieces with hips and feet cut off

4. Insert 4 leg pieces into one another – see picture – so they are nested within one another



Image 3 – 4 leg pieces put inside one another

5. Roll the tights, starting from one end, into a “donut” shape – see picture. As you roll the tights, you will likely need to tighten the “donut” by pulling the free end taught 3-4 times, you want the “donut” to be as compact as possible
6. Leave a tail at the end of the donut to be used to wrap around your fruit uterus, approximately 5” long – see picture



Image 4 – Fully wrapped cervix