Please note that the examples below use Internet Explorer on a PC. Advice on using other browsers or a web-based feed reader can be found in the RSS feed readers and Feedly web-based RSS feed reader helpsheets.

Example 1: Saved search RSS feed

2. Click Sign In.
3. Create a new Account.
4. Once you’ve registered, clicking continue will log you in.
5. Perform search. Then click RSS Feed.
6. Clicking on the RSS Feed link automatically opens the feed in the Microsoft reader.

7. Click Subscribe to this feed.

8. Amend the dialog box as wished. Subscribe again.
9. Click on the star icon to see the feed in the list.

Example 2: Table of Contents RSS feed

1. Go to ADC Education & Practice http://ep.bmj.com/
2. Click Current issue, then the RSS icon.
3. Choose preferred feed, e.g. **Current issue only**.

4. Click the star icon, then **Subscribe to this feed**.

5. Then **subscribe** again. The feed then appears in the list of feeds under the star icon.
Example 3: RSS information exported from the website and then imported to your reader.

1. Go to [http://www.journaltocs.ac.uk/](http://www.journaltocs.ac.uk/)
2. Click **Sign In**, then on the next page **Sign Up**. A validation link will be sent to your email account. Then again **Sign In**.

3. Choose journal(s) by publisher or by subject.

4. Select titles
   - [Convergence: The Int'l. J. of Research into New Media Technologies](http://www.journaltocs.ac.uk/journal/69876)
   - [Current Sociology](http://www.journaltocs.ac.uk/journal/43927)
   - [Critique of Anthropology](http://www.journaltocs.ac.uk/journal/34623)
   - [Critical Sociology](http://www.journaltocs.ac.uk/journal/34624)
   - [Clinical Nursing Research](http://www.journaltocs.ac.uk/journal/11021)
   - [Cultural Sociology](http://www.journaltocs.ac.uk/journal/34628)
   - [Child Language Teaching and Therapy](http://www.journaltocs.ac.uk/journal/34625)

5. Click on **Followed Journals**.
6. To receive up to 30 TOC alerts by email, tick the **Email Alerts** box.

7. To set up **RSS** feeds click **Save & Export**. Select **Save as** and name the file, e.g. Sage.

8. Select **Import and Export** from the **Add to favourites** dropdown list.

9. Select the following options in turn from the dialogue box: **Import from file** > **Feeds** > browse to where you’ve saved the file > Select and open > Select a **destination folder for the feeds** > **Import**. See also [http://www.journaltocs.ac.uk/whatisOPML.html](http://www.journaltocs.ac.uk/whatisOPML.html)

10. Your new feeds will now display in your RSS reader.