

MonthlyCup is a reusable menstrual vessel placed in the vagina to collect blood and cervical debris during menstruation. MonthlyCup is made in Sweden, of silicon approved for medical use. MonthlyCup has three times higher capacity than a tampon and it does not need to be changed as often as a tampon. After it is inserted it adapts to the vagina walls and respects the vaginal environment. Its material, silicon, creates an environment less friendly for bacteria than conventional sanitary protections.

### Important Information



- Do not use the MonthlyCup before you have read and understood these instructions. This user guide is only informative and is not a substitute for a medical consultation. If you have any medical questions please contact a medical professional before you use this product.
- MonthlyCup is not a contraceptive method and does not protect against sexually transmitted diseases.
- Do not have sexual intercourse when MonthlyCup is inserted.
- Empty the cup 2-4 times during 24 hours. Do not keep the cup inside the vagina for more than 12 hours without emptying it, even if it is not fully filled.
- MonthlyCup is normally compatible with an intra-uterine device (IUD) as well as a contraceptive ring. Follow the instructions of your contraceptives. We take no responsibility for complications that may occur. Contact a medical professional if you have any questions regarding MonthlyCup and your contraceptive method.
- If you use MonthlyCup combined with an intra-uterine device (IUD) it is extra important to release the pressure in the cup before removing it. See section “Removing MonthlyCup” below. Check regularly that you can feel the threads of the IUD. Contact a medical professional if you have any questions regarding MonthlyCup and your IUD.
- MonthlyCup is only to be used during your menstruation period. Do not use MonthlyCup if the bleeding has other medical causes like lochia or miscarriage. Contact a medical professional if you have any questions regarding MonthlyCup and bleeding.
- Once a month, MonthlyCup must be boiled in water. Boil the cup when most convenient, at the beginning or at the end of your menstruation cycle. See section “Care” below.
- MonthlyCup is a personal intimate hygiene product that should not be shared with others. All sales are final.
- If you experience any adverse effects, discontinue use and contact a medical professional.
- If you, due to medical circumstances, feel uncertain whether you can use MonthlyCup, contact a medical professional.

MonthlyCup is available in two sizes to suit every woman, depending on time in life.

All women are unique but our general guidelines are:

Size 1: For women under 30, who have not given birth.

Size 2: For women over 30, or women who have given birth; vaginally or by caesarean section.

### Inserting MonthlyCup

The first time you insert your MonthlyCup, please take your time. Perhaps you will need a little practice to insert and remove the cup correctly. A water based lubricant may ease the insertion. Once you have learned this you will see how easy and effective MonthlyCup is!

1. Pre-check your cup for any damages. Check that the tiny holes along the rim are open.
2. Wash your hands thoroughly before inserting the MonthlyCup.
3. Find the insertion position that suits you the best; sitting on the toilet, standing with one foot on the toilet or squatting. Relax your pelvic muscles.
4. Hold the cup with one hand between your index finger and your thumb, with the ball-shaped tab pointing down. Press the cup and fold it, making a U-shaped form.
5. Open your labia with your other hand. Insert the cup aiming it towards the bottom of your spine. You shall not insert the cup as far in as a tampon. The cup will pop open. Leave the ball-shaped tab right above the vaginal opening.

## Removing MonthlyCup

Empty the cup 2-4 times a day, even if it is not fully filled. By experience you'll learn how often you need to empty the cup, depending on what day of the cycle you are in. Without any leakages you can wear MonthlyCup during nights, during sports activities and when you bathe. MonthlyCup should not interfere when you urinate or have a bowel movement. For some women, it is easier to have their bowel movements with the cup removed.

When removing and emptying the cup you have to sit on the toilet or stand in the shower.

1. Wash your hands thoroughly before removing the MonthlyCup.
2. Insert your index finger and your thumb in the vagina. Push gently at the wall of the cup to release the pressure in the cup. Pull on the ball-shaped tab to remove the cup gently.
3. Empty the cup into the toilet or the shower.
4. Wash your MonthlyCup carefully with water and unscented soap. Rinse thoroughly and reuse your MonthlyCup or store it in the provided bag.

Do not panic if you find it difficult to remove the cup. There is no urgency since you can wear the MonthlyCup for 12 hours at a time. Try to be relaxed and follow the removal instructions. Gravity will progressively bring the cup down if you have positioned MonthlyCup a bit too high in the vagina. If you cannot reach your cup, gently push with your vaginal muscles several times in a squatting position to descend it. If you are unable of removing it even after 12 hours, contact a medical professional.

## Care

To keep your MonthlyCup in perfect condition for many years, please follow these advices:



- For the monthly cleaning of your MonthlyCup, cover it completely with water and boil it on the stove for 3 minutes. Do not use a microwave oven unless you have a device, specially designed for this purpose.  
Boiling the cup correctly will not damage it. Do not leave the boiling pot unattended. If the cup gets burned in a dry boiled pot, it must be replaced.
- Use only water and unscented soap to clean your MonthlyCup. Rinse thoroughly after cleaning.
- Keep the tiny holes along the rim clean and open.
- Never use any oil based lubricants when inserting the product in the vagina.
- When travelling, use drinking water to clean your cup.
- Keep MonthlyCup in the provided bag.
- MonthlyCup should not be exposed to direct sun light.
- If MonthlyCup gets damaged, replace it.
- MonthlyCup may get discolored from the hemoglobin of the blood. This does not affect the functionality of the cup.
- If you take good care of your MonthlyCup you may have it up to ten years.
- Dispose in trash. Do not flush MonthlyCup down the toilet.
- Keep MonthlyCup away from children and animals.

## Discomfort

When MonthlyCup is inserted correctly, you cannot feel it. If you feel discomfort, the cup might be misplaced. Practice until you find the correct placement in your body. A water based lubricant may ease the insertion. Do not use oil based products. If the tab irritates you, it can be cut off. This does not affect the performance of the cup.

## Leaks

Normally MonthlyCup causes no leaks. But if you use the wrong size of cup or have inserted the cup wrongly it may leak. For example, an excessively deeply placed cup may cause leaks.

To ensure that the cup is correctly placed inside your vagina you should be able to touch the ball-shaped tab just above the vaginal opening. If it doesn't fully open you can twist the cup around in the vagina or you can move your finger around the cup and push a little to open it. You don't have to take it out.

**Irritations/infections**

Soap residues on the cup may cause irritations. Rinse the cup thoroughly after cleaning.

Normally MonthlyCup causes no irritations or infections. Although, if you experience an irritation or an infection in your vagina, remove your MonthlyCup and contact a medical professional.

**Toxic Shock Syndrome**

Menstrual cups have been used since 1930 and have never been associated with Toxic Shock Syndrome (TSS). As a precautionary measure, you need to know that the symptoms of TSS are sudden high-grade fever, sickness, vomiting, muscle pain, diarrhea, fainting or skin irritations similar to sunburns. If you have any symptoms during your period, remove the MonthlyCup and contact a physician at once. If you have suffered from TSS in the past, contact a medical professional before using MonthlyCup.

**How to insert your MonthlyCup**

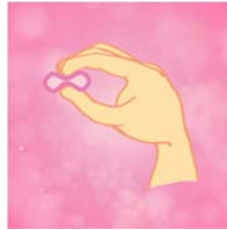
Step 1



Step 2-3



Step 4



Step 5



**How to remove your MonthlyCup**

Step 1-5

