

Advantages of the Merula Cup XL in comparison to tampons and pads

More eco-friendly

- ★ One cup can be used for several years
- ★ Produces far less trash than disposable products

More economic

- ★ There is no need to frequently buy expensive supplies
- ★ After a few months, the small investment in a Merula Cup XL does pay

Healthier

- ★ No dehydration of the skin
- ★ Does not affect the vaginal flora
- ★ No pieces of fluff (such as from disposable products) stay in the body
- ★ No feel of humid heat like with disposable pads

More comfortable

- ★ Long wearing time (12 hours)
- ★ Big capacity.
- ★ Does not absorb water during swimming or in the bath tub
- ★ No thread dangling from the body (invisible)

The Merula Cup XL is made of certified medical grade silicone and without chemical additives like plasticizers.

VEGAN

Made in Germany



IMPORTANT INFORMATION

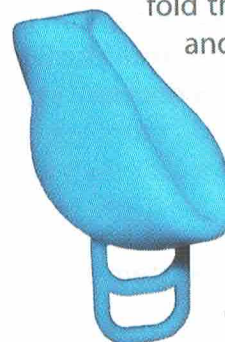
Do not use the Merula Cup XL until you have completely read and understood the instruction manual. Store this instruction manual. This instruction manual is not a substitute for medical advice. If you have any doubts before, during or after use of the Merula Cup XL, please consult your doctor. The Merula Cup XL is a sanitary product and no returns and/or exchanges are allowed. All sales are final.

We reserve the right to make changes to the instruction manual without separate notice. You can always download the latest version of the Merula Cup XL instruction manual on our website, www.merula-cup.de/en.

Insertion & Removal

Punchdown-Fold

Push the rim of the cup at one point in direction to the inner bottom and fold the whole cup. As you do so, the cup becomes smaller and it is easier to insert.



You can wet the cup or use a water-based lubricant. Insert the folded cup and make sure that the rim opens again when inside. The bottom of the cup can stay collapsed. If the cup leaks, try to correct its position. The cup does not have to be inserted as deep as a tampon.

For removal, press the cup slightly downwards and hold the stem. Move the cup downwards, with slow zigzag movements, until you can reach the bottom. Press the bottom in order to remove the light suction. Now, you can remove the cup completely and clean it.

Should insertion or removal not function properly right away, please practice fully relaxed for a few cycles and, if necessary, take some breaks. You will find further advice on our website: www.merula-cup.de/en

Cleaning

Boil the cup before the first use and after every menstruation. Use water with a pinch of vinegar in a pot or in a microwave and boil the cup for at least 5 minutes. The cup can be used up to 12 hours at once, but can also be removed and cleaned more frequently.

After every removal, empty the cup into the toilet and clean it thoroughly with running water. In order to prevent staining, rinse the cup with cold water first. In case that you have to remove and clean the cup in a public bathroom despite the big capacity it has, you can clean it with toilet paper and insert it directly again as an exceptional measure. Clean the cup with water as soon as you have the possibility to do so. There should not be more than 12 hours between two cleaning procedures with water.

Keep the cup always in a container that is permeable to air, such as the bag that is delivered with Merula. Well maintained, a single cup can be used for several years. If the silicone begins to deteriorate, throw it away and buy a new one. Slight staining due to frequent use is normal.

Adaptation

First, try your Merula Cup XL. After that, you can adapt the stem to your individual length.



Remove the parts that are highlighted with nail scissors to adapt the stem to your required length. The cup should disappear completely inside your body, but still be easily reachable with at least one finger.

What distinguishes the Merula Cup XL from most other menstrual cups?

★ It has a very large capacity (up to 50 ml / 1.691 fl oz) with a diameter of 46 mm / 1.811 in.. Merula adapts perfectly to your body and is an ideal companion for very heavy bleeding.

★ From weak to strong pelvic muscles: Merula stays where it belongs. As it can be used collapsed and does not have to open completely, even strong pelvic muscles do not make it lose its shape – literally.

★ The Merula Cup XL offers maximum capacity at a cup height of only 50 mm / 1.969 in., which is roughly equal to 2 average, conventional menstruation cups or 3 large tampons. As such, the Merula Cup XL fits women with a medium to high cervix. Thanks to its two-prong guide stem, it can be ideally adapted to your personal needs.

★ The Merula Cup XL is suitable for a medium to high cervix. Should your cervix be exceptionally low or if you feel your vagina is exceptionally "tight", then the Merula Cup XL may be too large for you. In this case, we recommend the Merula Cup "one size" with a capacity of 38 ml / 1.285 fl oz.

Safety instructions

- ★ Always wash your hands thoroughly before and after using the cup.
- ★ Always loosen the light suction before removing the cup.
- ★ The Merula Cup XL should be removed before sexual intercourse and is neither suitable for contraception nor does it protect against sexually-transmitted diseases.
- ★ Clean the cup at least every 12 hours and boil it for a minimum of five minutes or more at least once after the end of the menstruation.
- ★ If you wear an intrauterine device (coil/chain/ball), consult your doctor beforehand on using a menstrual cup.
- ★ Dispose of the cup properly in the trash and not in the toilet.
- ★ Always store your cup out of the reach of children and animals.
- ★ If you have any doubts or experience pain while using the cup, remove it immediately and consult with a doctor.

★ Menstrual Toxic Shock Syndrome (TSS)

TSS is a rare but dangerous disease, which can occur with men, women, and children. At the moment, there have not been many known cases to be connected with a menstrual cup, but still: extreme cases of TSS can lead to death.

The following symptoms, which can develop very quickly and appear to only be influenza in the beginning:

Sudden high fever ($>39^{\circ}\text{C}$ / $>102^{\circ}\text{F}$), nausea, diarrhea, sunburn-like rash, sore throat, vertigo, and/or fainting.

If you experience one or more of these symptoms during your menstruation, remove the cup and consult with a doctor immediately. Mention TSS and that you are menstruating. This way, it is possible to diagnose the disease early and treat it effectively. If you are already affected by TSS, consult with your doctor before using cups or tampons.