



## Menstrual Cup for all women who want a more comfortable life New feeling – new life

Congratulations on purchasing the most modern intimate hygiene product for ladies. It is made of very high quality medical silicone, used exclusively in the medical and food industries, which can be inserted in the body for up to 12 hours. The shape and surface of LadyCup are made for easy use and cleaning.

### Advantages

No allergies • Does not cause moulds and urinary tract inflammations • No known cases of toxic shock syndrome • Has no negative effect on a healthy vaginal environment • Application in sports, travelling, sleeping • Can be used with common contraceptives

### Insertion:

Before handling LadyCup, make sure your hands are thoroughly clean! Sterilize LadyCup before the first insertion! We recommend that you insert LadyCup in any of the following positions: sitting, squatting, kneeling or standing. Try one of these positions and choose what is most suitable for you. To facilitate insertion, you can moisten LadyCup with water or use a water-based lubrication gel (LadyLube). Grip LadyCup with your fingers and press. Afterwards fold LadyCup lengthwise in half using fingers of the other hand. Hold LadyCup using fingers of one hand at the lowest position possible and insert LadyCup in the vagina obliquely, toward the back. The proper position of LadyCup is lower than in the case of tampons. Upon insertion in the vagina, release the fingers and let LadyCup unfold fully and adhere to the wall. Check by finding the cup circumference.

### Usage:

Empty LadyCup once every 12 hours, at the minimum, depending on your menstrual flow.

### Removal:

Before handling LadyCup, make sure your hands are thoroughly clean! Find the stem or the bottom part of LadyCup in your chosen position (sitting, standing, etc.). You can even help yourself by pushing your vaginal muscles, which will bring LadyCup nearer to you. Press the bottom part of LadyCup out lightly. When removing LadyCup for the first time, it is and after the pressure is relieved, pull important to remain calm and maintain the inner relaxation of your body. If LadyCup cannot be pulled out in this way, use a finger to remove it; relieve pressure using this finger and separate the cup from the vaginal wall. Subsequently, it will be easy to pull LadyCup out. Empty the contents in the toilet.

### Repeated insertion:

Wash LadyCup using warm water and natural soap (LadyGel) if possible. Rinse LadyCup thoroughly under running water so that it is prepared for repeated usage. If travelling, or in case water is not available, clean paper can also be used. Wash LadyCup afterwards whenever possible.

### Shortening the stem:

It is advised to trim a small amount off the stem first, then test the length to see if that is suitable. You can then trim off more if required, repeating the process until the desired length is achieved. The stem can even be cut off entirely using scissors or a sharp knife. It is important that damage to the bottom part of LadyCup does not occur. Proper length is achieved when you do not feel the stem, e.g. while walking or in the sitting position.

### Cleaning and maintenance:

In the course of menstruation, wash your LadyCup using warm water and natural soap (LadyGel). After menstruation, LadyCup should be boiled or sterilized. We recommend performing this activity before repeated usage, as well. Boiling: in a container filled with water, for 2-5 min. Sterilization: immersion in a sterilization solution (proceed according to instructions of the sterilizer's manufacturer). Check the patency of small pressure openings in the upper part of LadyCup. Cleaning can be performed using a pin, for example. Proper and regular maintenance ensures the product's long life. Keep LadyCup in the enclosed cotton bag. Do not store in airtight packages!

### Problem solving:

#### Insertion

Some women may encounter problems with inserting the S(mall) size of LadyCup. We recommend moistening LadyCup with water or using a water-based lubrication gel (LadyLube).

#### Removal

When problems with removal occur, keep calm. Overall inner muscular relaxation is important, especially of the vaginal muscles. Try to change your removal position. Push with your vaginal muscles to bring LadyCup nearer. Repeat pushing several times until you feel a more marked shift.

#### Leaking

If your LadyCup runs through, check proper insertion position. It is likely that LadyCup is improperly positioned. Check (using your finger) whether your LadyCup is fully unfolded and whether its walls are touching the vaginal wall. Check the patency of small pressure openings. In case none of the above solutions helps to fix the problem, it is likely that the LadyCup size was not chosen correctly. With size L(arge), the problem can be fixed by training certain muscles. Consult your gynecologist concerning this possibility.

### Important warnings:

Use LadyCup for 12 hours at the maximum! Wash LadyCup using natural soaps (LadyGel) only! Clean LadyCup using only recommended methods! Use water-based lubrication gels (LadyLube) exclusively! LadyCup is not a contraceptive! Do not use LadyCup during sexual intercourse! LadyCup does not protect against venereal diseases! Use your own LadyCup exclusively! Observe basic hygienic principles! In the case of any vaginal symptoms contact your gynecologist!

Toxic shock syndrome (TSS) is an extraordinarily rare but serious toxic disease. It is caused by toxins produced by a bacteria commonly living in the human body. TSS is associated with using tampons. Symptoms: if you suddenly feel severe nausea during menstruation although perfectly healthy before; if you have high fever (39°C or higher), if you vomit, have diarrhoea, headache, sore throat, if you faint, if you feel muscular pain or if a rash appears similar to that of skin burnt by the sun, seek medical assistance immediately. If you have already experienced TSS, consult a doctor before further usage. Menstrual cups are not associated with this disease (TSS).

### The Milton Method: The safest & fastest way to sterilise in 15 minutes!

1) Clean LadyCup with warm soapy water. Rinse with cold water. 2) Prepare the Milton solution. Fill the unit with 5 litres of cold water Add 1 Milton tablet. 3) Completely immerse LadyCup. Ensure that no air bubbles are trapped inside the LadyCup. LadyCup are ready to use after 15 minutes or can be left 24 hours until you need to use them again. Wash your hands before removing LadyCup from the solution. Drain LadyCup - no need to rinse.

Active ingredient: 800 mg pf Sodium dichloroisocyanurate per tablet.

Should you have further questions, please contact us at: [custom@ladycup.eu](mailto:custom@ladycup.eu) or visit the FAQ section at the website [www.ladycup.eu](http://www.ladycup.eu).

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