



USER GUIDE

For additional languages, please visit our website: www.divacup.com

1

Congratulations

Congratulations on choosing the DivaCup®!
The revolutionary menstrual care product.

2

Prior to using your DivaCup for the first time please carefully read this user guide and keep it for future reference. It will help you use your DivaCup with confidence. If you have any gynecological, medical concerns or conditions please consult with your healthcare provider before using your DivaCup.

For further assistance you can contact the DivaCup Consumer Care Team.

3

DIVACUP CONSUMER CARE TEAM

1-866-444-DIVA (3482)
support@divacup.com
www.divacup.com

What is in the DivaCup box?

5

Inside the DivaCup box you will find your DivaCup, a storage bag and this user guide.

6

How to use your DivaCup

7



BEFORE YOU USE YOUR DIVACUP:

Boil your cup for 5-10 minutes before using the DivaCup. Wash your hands thoroughly prior to insertion.

8

How do I insert the DivaCup?

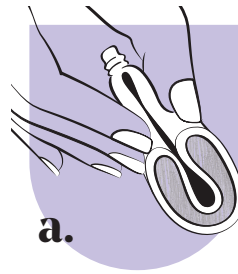
It may seem a little daunting at first but it's easy once you get the hang of it!

9

1 Fold the Cup

The team at DivaCup have tested several methods and recommend two different fold options: the U-Fold and the Push Down fold. We recommend you try both fold options to see which one is right for you.

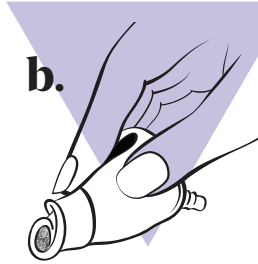
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U-FOLD

Press the sides of the cup between your fingers and fold it in half to create a U. Simple as that!

11



PUSH DOWN FOLD

With your index finger on the top rim of the cup, push the rim down into the center of the cup base to create a triangle. Once you have mastered your folds you are ready to insert your DivaCup!

12

2 Inserting the DivaCup

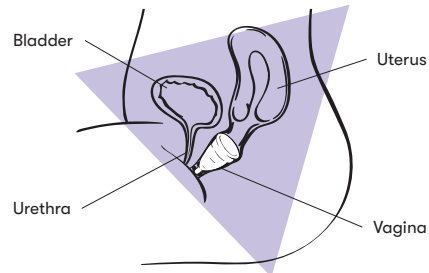
13

While sitting on the toilet or standing with one leg up on the bathtub, gently separate your labia with your free hand.

Holding the folded cup between your thumb and forefinger, push the curved edge of the folded cup into your vagina horizontally.

Breathe, you've got this.

14



15

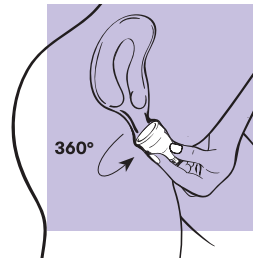
Your DivaCup may open before it is fully inserted into your vagina. Don't worry, this is normal.

Continue to gently push the cup into your vagina until the stem is even with the vaginal opening. Inserting the DivaCup too high may cause leaks and make removal difficult.

16

TIP:

Aim the folded DivaCup toward your tailbone at the base of your spine, away from the cervix.



ROTATE THE CUP

Once the DivaCup is in your vagina, grip the base of the cup, not the stem, and turn the cup one complete rotation, 360 degrees, in either direction. This will create a seal.

17

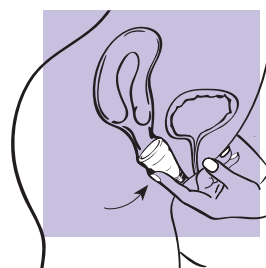
TIP:

An alternative insertion method is to insert the cup partway into your vagina, rotate it 360 degrees, then push it horizontally the rest of the way.

We recommend that first time users try using the DivaCup during the daytime.



18



TO PREVENT LEAKING

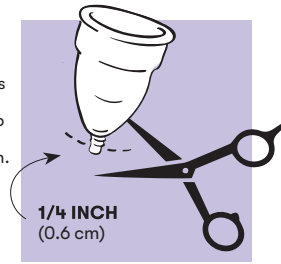
To prevent leaking, once inserted, try sliding your finger along the outside of the cup and your vaginal wall, pressing gently on the sides of the cup. This should open the cup fully, creating the seal and will make rotation easier.

19

TRIM THE STEM

Some DivaCup users find that the stem is too long and causes irritation. If the stem feels uncomfortable, remove the cup and trim the stem slightly, but no shorter than 1/4 inch/0.6 cm.

For further instruction, visit our website: www.divacup.com.



20

How long can I leave my DivaCup in?

Whether you're on the go, studying for exams or dancing the night away, you can expect no leaks for up to 12 hours. Depending on your menstrual flow, you may have to empty it more frequently. It is recommended that you empty and clean your cup 2–3 times in a 24-hour period.

21

How do I remove my DivaCup?

Before removing your DivaCup you will need clean hands and for those first-time users, some patience.

22

3 Removing the DivaCup

23

Get comfortable, sit on the toilet, or stand with one leg on the bathtub and gently separate your labia with your fingers. With your forefinger and thumb, gently pull on the stem until you can feel the base of the cup.

Pinch the base of the cup. This will break the seal. Gently move the cup from side to side and pull down. This action will remove the cup from your vagina.

24

CAUTION: Do not aggressively pull on the stem to remove the cup. This will be painful and you will likely spill the menstrual flow.

NEVER use a foreign object, such as tweezers, to remove your DivaCup.

Once removed, keep your cup upright so that your flow remains in the cup. Empty the contents and thoroughly wash your DivaCup with warm water and a mild unscented, oil-free soap. For best results, we recommend using the DivaWash®.

25

Now your DivaCup is ready to reinsert.

26

I am having trouble removing the DivaCup, what do I do?

27

Not to worry, it happens to the best of us. Remember that your vagina is only 3–4 inches/8–10 cm long and the cervix will prevent your DivaCup from going anywhere else in your body.

If your DivaCup has been in for 12 hours or less try to relax. Relaxed muscles will help with removal. Turn on your favorite show, enjoy

28

a nice cup of tea or snack, relax and let gravity do its work. You can also contact the DivaCup Consumer Care Team for support and/or visit our website for more information: www.divacup.com.

If you are still unable to remove your DivaCup after 12 hours, contact your healthcare provider for assistance with removing your DivaCup.

4 Cleaning and care

29

Just like your skin, your DivaCup deserves the best! Wash it thoroughly with warm water and a mild, unscented oil-free soap. For best results, we recommend using the DivaWash.

STAY CLEAR OF –

Stay clear of home remedies such as vinegar, tea tree oil, castile soap, anti-bacterial soap, hand sanitizers, hydrogen peroxide or any other harsh chemicals. But, you probably already knew that.

TIP:

The tiny holes under the rim of your DivaCup must stay clean at all times. We recommend that during cleaning, you stretch the cup around the holes and hold it under warm running water.

How do I know when to replace my DivaCup?

We recommend that you replace your DivaCup annually. However, it's important that you discontinue using your DivaCup immediately if you notice a sticky or powdery film on the surface of the cup, a foul odor from the cup, if it accidentally falls in the toilet, or you used it while you had a yeast or bacterial infection.

Anything else I should know about my DivaCup?

There are just a few extra things you should know before starting your period journey with DivaCup:

- Follow these directions and only use your DivaCup during menstruation.
- Keep this user guide for future reference.
- Remove the DivaCup prior to having sex. The DivaCup is not a contraceptive device and will not protect you against pregnancy or sexually transmitted infections.

- If you wear an IUD we recommend you consult your physician prior to using the DivaCup to understand IUD benefits and risks.
- Do not use the DivaCup if you have a yeast or bacterial infection. Resume use of a DivaCup once the infection has completely cleared.

- Dispose of the DivaCup in the trash or recycle where silicone recycling facilities exist. Do not flush the DivaCup down the toilet.

- Toxic Shock Syndrome (TSS) is a rare, but serious disease caused by toxin-producing strains of the Staphylococcus aureus bacterium. In extremely rare cases, the strain may present itself with infection

linked to the use of internal menstrual care products.

We recommend that you consult your physician prior to using the DivaCup if you have been previously diagnosed with TSS. Discontinue use of the DivaCup and contact your health practitioner if you experience any of the following symptoms: sudden vomiting, diarrhea, high

fever, headache, sunburn-like rash, muscle aches, confusion or seizures.

- If you experience an increase in back pain near your kidneys while wearing the DivaCup and the pain stops once the cup is removed we recommend you discontinue the use of the DivaCup and consult with your healthcare practitioner.

- Incorrect use of the DivaCup may result in difficulty removing the cup or minor complications. If you experience any adverse effects when using the DivaCup, discontinue use and consult your healthcare practitioner.

- Diva International Inc. cares about your health and safety. Menstrual cups are personal hygiene devices and may not be returned or exchanged. All sales are final.

THE DIVACUP IS MADE OF MEDICAL GRADE SILICONE AND MANUFACTURED IN CANADA.

THE DIVACUP DOES NOT CONTAIN LATEX, DYES, RUBBER, PLASTICS OR BPA.

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