How to use the LOOP CUP

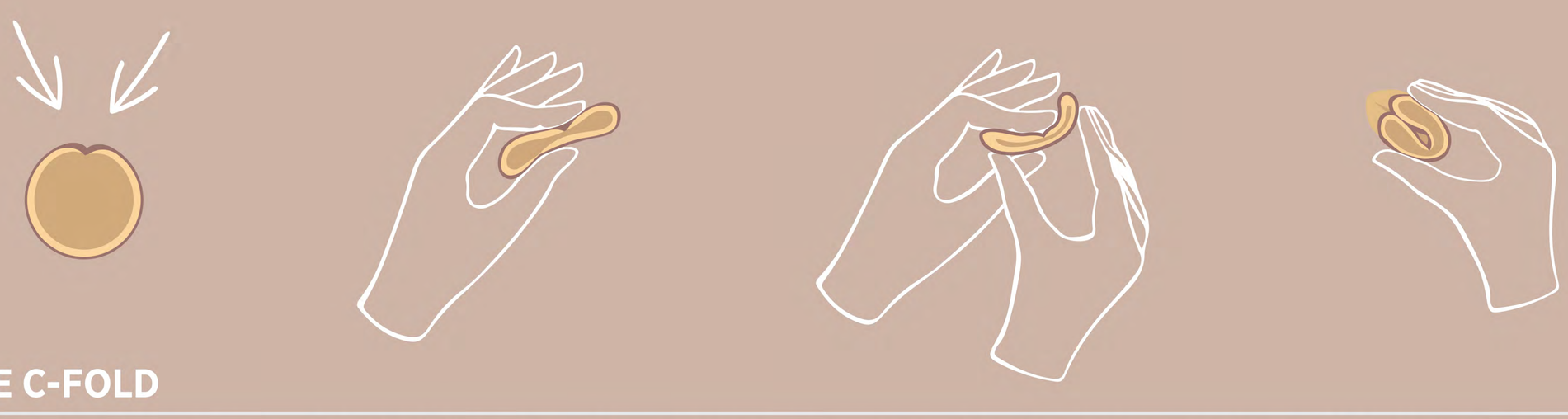
4 EASY STEPS

step 1

FOLD THE CUP We recommend using the Labia-fold for the smallest insertion point, but the C-fold will also do. Try them out to see what works best for you.

THE LABIA FOLD

1 - Locate the indented part of the cup. **2** - Squeeze down on the indented part using your right index finger and thumb. **3** - Use your left hand to push back the top and bottom ends. **4** - Hold the fold firmly using your left hand. Let go with the right hand once you have the cup in fixated in the labia-fold.



THE C-FOLD

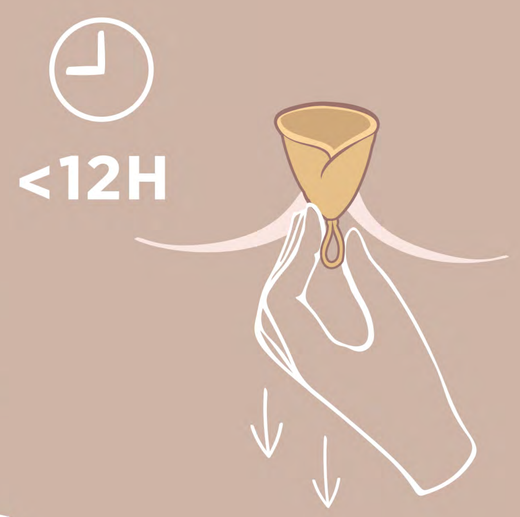
1 - Locate the indented part of the cup. **2** - Squeeze down on the indented part using your left index finger. **3** - Use your right hand to push back the two ends, creating a C. **4** - Hold the fold firmly using your right hand. Let go with the left hand once you have the cup in fixated in the C-fold.

step 2

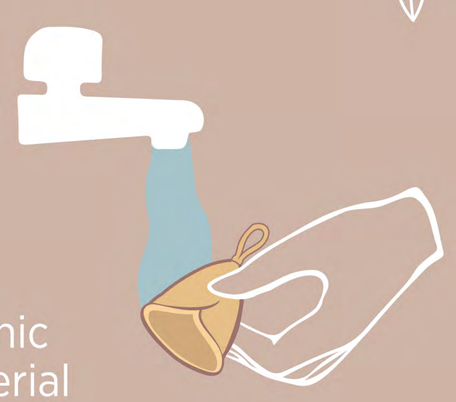
INSERT & WEAR **First**, make sure the cup is sterilised, and your hands are clean. Wetten the cup with a bit of water for easier insertion. **Relax** and insert the cup gently. Once the cup is in place, let go with your fingers, and let it pop open. If you feel any dents or folds on the base with your finger, it means that the cup has not folded out. Try to tilt or **rotate** the base of the cup slightly, to adjust. When in place, try to pull the loop stem a bit. If you feel some resistance, the cup should be placed correctly.

step 3

REMOVAL The LOOP CUP can be used up to **12 hours** – even during night. Once you have tried it a couple of times, you'll know how often to empty it depending on your flow. Once ready to remove the cup, make sure your hands are clean. **Relax** and pull the loop stem gently. Use your stomach muscles to push down the cup until you can feel the base with your fingers. Gently **squeeze** the base to release the vacuum, and slide the cup out from side to side.



step 4

EMPTY & WASH **Empty** the cup into the toilet & rinse thoroughly with warm water. Re-insert or **sterilise** in boiling water for 3-5 minutes before storing in the LOOP CUP Pouch.

We recommend replacing your LOOP CUP every 1-2 years for hygienic reasons. If the cup feels sticky after cleaning, it means that the material has begun decomposing and it is time to replace the cup.