HOW TO USE

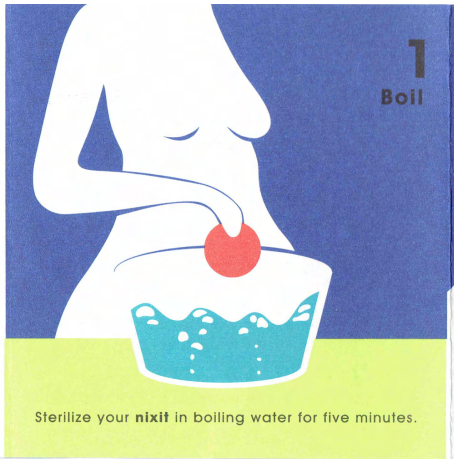
nixit™

menstrual cup

Full circle period care.

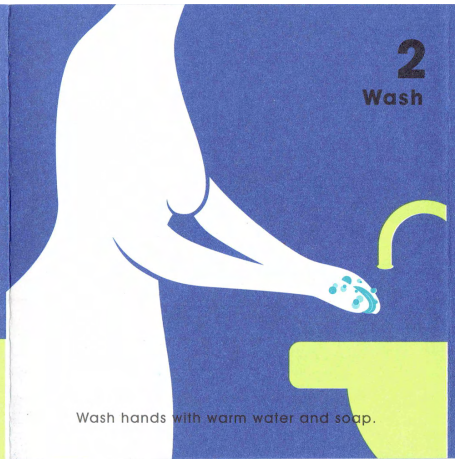
It can take a couple of cycles to find your rhythm with **nixit**! We know, we've been there too. We hope you embrace the journey of getting to know your body and your cycle just a little better.

The more relaxed you are, the easier insertion & removal will become.



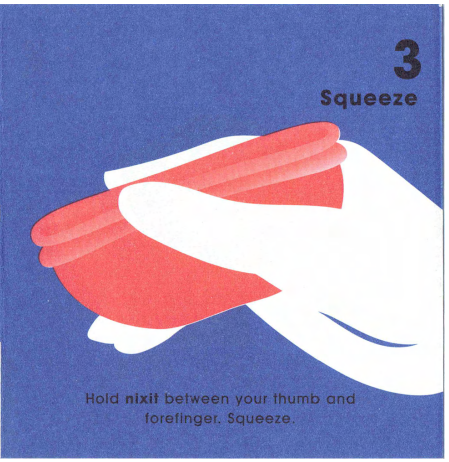
1
Boil

Sterilize your **nixit** in boiling water for five minutes.



2
Wash

Wash hands with warm water and soap.

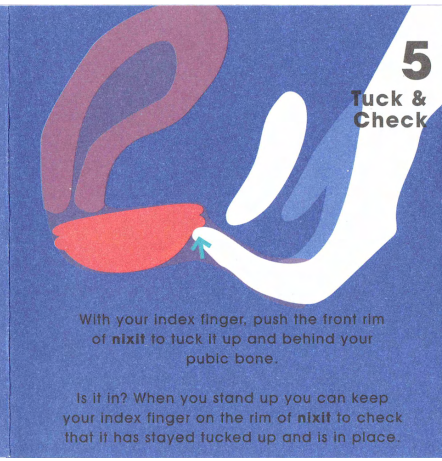


3
Squeeze

Hold **nixit** between your thumb and forefinger. Squeeze.

4
Insert

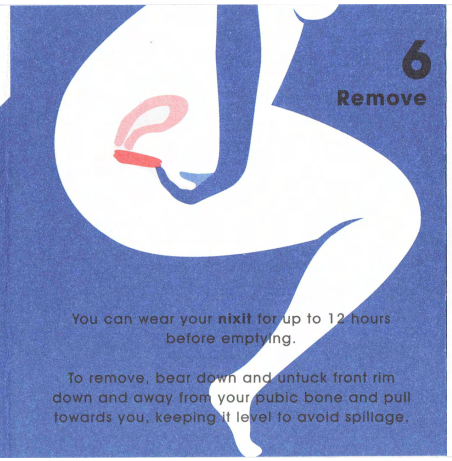
Sit on tippy toes and glide **nixit** back & down towards tailbone as far as it will go.



5
Tuck & Check

With your index finger, push the front rim of **nixit** to tuck it up and behind your pubic bone.

Is it in? When you stand up you can keep your index finger on the rim of **nixit** to check that it has stayed tucked up and is in place.



6
Remove

You can wear your **nixit** for up to 12 hours before emptying.

To remove, bear down and untuck front rim down and away from your pubic bone and pull towards you, keeping it level to avoid spillage.

TIPS & TRICKS

- Try inserting **nixit** before your period so you get comfortable with the process and wearing it.
- Try **nixit** for the first time on a lighter day or at night, or on a day when you know you will be close to home.
- Use a pad or pantyliner if you are worried about leaking, until you become more confident.
- If you have trouble with insertion, try squatting on to your tippy toes while inserting.
- If you are squeamish, you can try taking out your **nixit** in the shower and rinsing it and reinserting it there.
- The first few times you use **nixit**, use a finger to verify that you can feel your cervix through **nixit's** membrane. If you cannot feel your cervix, remove **nixit** and try again. You can also feel along the edges of **nixit** to make sure that it has been inserted properly.
- If your **nixit** leaks, take it out and reinsert it, paying special attention to make sure it is as far back as it can go, and tucked up and behind your pubic bone. When **nixit** is inserted correctly, you should not feel it and it should not leak.
- After going to the toilet, check that **nixit** is still tucked up and behind your pubic bone once you stand up.
- You can use water or a water based lubricant to make insertion easier - this is why trying it in the shower is a great idea!

HOW TO CLEAN

Between cycles, sterilize your **nixit** by placing it in boiling water for 5 minutes. After boiling, place **nixit** on an absorbent surface to fully dry. Once completely dry, store your **nixit** in its bag or box until its next use.

SUPPORT

We know periods are personal and that's why we're here to provide you the support, community, and education around menstruation. We love to answer any questions you may have or hear concerns you want to share. Reach out to us at hello@letsnixit.com.

PRECAUTIONS

Do not wear **nixit** for longer than 12 hours at any one time. Remember - while you can have sex with **nixit**, please don't use **nixit** as a contraceptive - it's not designed to keep sperm or STIs out, only period blood in.

When used correctly, menstrual cups are not known to cause Toxic Shock Syndrome (TSS). Symptoms of TSS include fever, abdominal pain, a rash resembling sunburn, confusion, muscle aches, redness of the eyes, mouth and throat or seizures. If you experience any of these symptoms, remove your **nixit** and seek medical advice immediately.

If you notice tears or holes in your **nixit**, it's time to replace it!