

Before you start

Please read the 'Warnings & Precautions' prior to use.

Juju is easier to insert and remove when you are relaxed. To make your transition to using a cup easier, practice inserting and removing your cup in the shower a few times a week before your cycle starts.

Your Juju Cup is not supplied in a sterile state. Disinfect your Juju as per the instructions in the 'Cleaning your Juju' section prior to using it for the first time.

Inserting your Juju

1. **WASH** your hands with warm water and mild soap.



To make insertion easier: you can use water, a water-based lubricant, or insert your Juju in the shower.

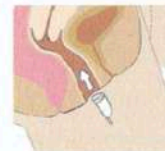
2. **FOLD** your Juju into a 'c' shape by using both hands to flatten the two sides together then fold it over itself.



3. **HOLD** your Juju firmly in your dominant hand, below the upper rim. Find a comfortable position – sitting, squatting or standing with one leg raised. Gently part your labia (skin around your vagina) with your free hand.



4. **INSERT** your Juju slowly into your vaginal opening. Direct it back towards the base of your spine, at a 45° angle, not directly upward. Allow your cup to open just inside the vaginal opening, then slide it into position. Your cup should be completely internal and will generally sit lower than a tampon but it is not abnormal for it to sit high depending on your anatomy.



5. **CHECK** that the cup has opened, as this is what forms a suction seal with the vaginal wall and prevents leaking. Swirl your index finger around the outside of the cup. If you feel any indentations in the circumference of the cup, the cup has not opened correctly. If your cup has not opened, use the stem to wiggle the cup or try a few pelvic floor exercises to help open it. Wash your hands.



Juju can be worn for a maximum of 8 hours. We suggest emptying and cleaning your Juju before bed, and again when you wake. Depending on your flow, Juju may need to be emptied more often.

Removing your Juju



1. **WASH** your hands with warm water and mild soap. Removal is easier if you are relaxed. Find a comfortable position. If your cup sits high, squatting or tucking your tailbone under whilst sitting will help shorten the vaginal canal.

2. **REMOVE** your Juju by pinching the base of your Juju with your index finger and thumb to break the suction seal. Bearing down lightly will help move your cup lower. Tilt the cup from side to side as you move it toward the vaginal opening. Take out the top edge of the rim then tilt it upright and remove the bottom edge of the rim keeping it upright.



Do not remove your Juju by pulling on the stem without breaking the suction seal first as this will increase the suction seal and may cause the stem to break.

3. **EMPTY** the contents into the toilet. Wash your Juju in the sink with warm water and mild soap, then rinse thoroughly.



REINSERT your Juju and wash your hands.

Refer to the 'Tips on using your Juju' section if you are having difficulties.

WARNINGS & PRECAUTIONS:

This guide is informational only and should not be treated as medical advice nor should it be used in place of medical advice you may have received from a qualified medical practitioner.

Consult a GP prior to using this product to see if it is suitable for you, if you;

- Have any health, medical or gynaecological concerns
- Are using an Intrauterine Device (IUD)
- Have experienced Toxic Shock Syndrome (TSS)

Juju can be worn for a maximum of 8 hours, after which it should be removed, emptied, cleaned as per our cleaning instructions provided in this leaflet, and reinserted if required. Do not exceed the maximum wear time of 8 hours.

Do not use this product during sexual intercourse. This product is not a contraceptive and will not protect against pregnancy, nor will it protect against sexually transmitted infections or diseases (STI/STD).

Do not use this product for post-partum bleeding following the birth of a child.

Never share this product with another person.

Keep this product away from children and animals.

Toxic Shock Syndrome (TSS) is a rare but serious disease that may be fatal if not treated promptly. Whilst it is rarely associated with the use of menstrual cups it may still occur. TSS symptoms may include; flu-like symptoms, high fever, low blood pressure, muscle aches, nausea or vomiting, diarrhea, sunburn-like rash, redness of the eyes, mouth or throat, breathing difficulties, confusion or drowsiness, dizziness, fainting, headaches or seizures. If you experience any TSS symptoms, stop using this product and contact the Emergency Department immediately.

Always read the label and use only as directed.

Discontinue use of this product and consult a GP if you experience any adverse side effects.

Cleaning & Storing your Juju

Use bottled drinking water if you do not have access to clean water to wash and disinfect your cup.

DISINFECT your cup prior to using it for the first time and at the end of each cycle.

Boil your Juju in a pot of water for 3-5 minutes.

Set a timer for no longer than 5 minutes and do not leave the boiling pot unattended.

After boiling, allow the boiling water to reach room temperature before removing your cup.

REMOVE AND WASH your Juju every 8 hours, or sooner if required.

Wash your Juju with warm water and mild soap. A soft cloth can be used to remove any residual build up. Ensure the holes at the top of your Juju are clear by squirting water through them or carefully use a toothpick (discard after use) to remove any debris. Rinse well.

Allow your cup to air dry and store it the pouch provided until your next period.

Always store Juju in a ventilated area. Do not store it in a plastic bag or airtight container as moisture cannot evaporate.

Avoid using harsh detergents or heavily fragranced or oily soaps as these may leave a residue on the cup which may cause vaginal irritation or degrade the silicone.

If you are not able to wash your cup (e.g. in a public toilet), wipe it out with toilet paper after emptying the contents into the toilet and wash your cup when you next have access to a basin or are in the shower.

Over time you may notice some discoloration of your cup, this does not indicate that your Juju needs to be replaced. Follow the instructions in the 'Tips - Staining' section to reduce staining.

Replace your cup if there are any rips, tears or changes in the surface texture.

Tips on using your Juju

COMFORT:

- When inserted correctly, your Juju should not cause any discomfort.
- If you have inserted your Juju too high or beside rather than beneath the cervix, the cup will cause immediate discomfort. If this occurs, remove the cup, rinse it and reinsert it.
- If the stem is causing any discomfort, please see the 'Trimming the stem' section.
- If discomfort persists, please seek the advice of your medical practitioner.

TRIMMING THE STEM:

- No part of the stem should be outside your vagina as this may cause discomfort. It is not uncommon for the stem to protrude and it has been designed so it can be trimmed if you find it too long.

If the stem is too long, remove and clean your Juju before using scissors to trim it. Only trim a small amount at a time. Disinfect your Juju and scissors after trimming the stem.

REMOVAL:

- If your cup sits high, allow an hour after waking before attempting to remove your cup as gravity will often help move the cup lower.
- Do not pull on the stem without releasing the suction seal first as this will make removal more difficult.
- If you are having difficulty reaching the base of your cup to release the suction seal, slide your index finger only, up beside the cup, and press it towards the centre to release the suction seal.

Seek the advice of your GP if you are unable to remove your menstrual cup after following these tips.

LEAKING AND SPOTTING:

If you are experiencing leaking, remove your cup and try the following tips:

- Run your cup under cold water prior to inserting as this will make it pop open easier.
- Check the holes in the rim of your cup are free from debris. Follow the instructions in the 'Cleaning your Juju' section to clean these.
- Insert your cup on a 45° angle, pointing at the base of your spine (not straight up).
- Ensure your cup has not been placed too high in the vagina. Allow your cup to open just inside the vaginal opening and then slide it into position.
- Experiment with different folds as you may find one fold works better for you than another. See our website for other folds.

Leaking may also be an indication of incorrect size selection;

If you have a Model 1 Juju, you may need to replace it with a Model 2.

If you have a Model 2 Juju, improving the strength of your pelvic floor muscles through exercises may help hold the cup in position or the Model 4 may be a more suitable fit.

Spotting can occur if blood is left in the vagina after your Juju has been inserted. Once the cup has opened, swirl your finger around the cup to remove any excess blood and use toilet paper to remove any blood left on the labia.

STAINING:

To reduce staining:

- Rinse your cup in cold water prior to using it.
- Use a soft cloth and rubbing alcohol on the surface of your cup then wash your cup thoroughly.

- Use a sterilising agent recommended for silicone products. Follow the manufacturer's instructions.
- Set your menstrual cup out in the sunlight for a day, out of reach of children or pets.

DISPOSAL:

Juju is not recyclable and should be discarded with your household rubbish.

Visit our website www.juju.com.au for other tips and Frequently Asked Questions.

Juju is manufactured by and a registered trademark of Freedom Products.

PO Box 6200, Swanbourne WA 6010

www.juju.com.au

