



The following sheet provides the key information needed to support in using the Mooncup® menstrual cup.

Why Mooncup®?

- Each one of us uses around 11,000 disposable sanitary products in a lifetime, which end up in the waste stream.
- Regardless of flow, you only need one Mooncup® that lasts for years and pays for itself after 6-8 months.
- Made from **soft, medical-grade silicone**, it's so comfortable you can't feel it's there. While tampons absorb 35% vaginal moisture, the Mooncup menstrual cup **won't dry you out or leave fibres behind**.
- No bulky spares to carry or used products to dispose of. Ideal for both heavy & light days, travel, swimming and exercise.
- The Mooncup holds 3 x more than a regular tampon giving you longer lasting protection on heavier days. Because it's non-absorbent, it's great when your period's light too.
- **Plastic and latex-free**, contains no dyes, perfumes, BPA, phthalates, bleaches or toxins.
- Unique telephone and email **Advice Service** run by medical health professionals, helping users to make the switch.
- Made in the UK to the highest quality standards by a multi-award winning, employee-owned business. Mooncup Ltd is **ISO 13485 certified** and is **registered with the FDA**.
- The Mooncup is **zero waste** and **plastic free**.

Which size?

Choose the right size following these simple guidelines:



Choose **SIZE A** if you:

Are 30 or over
OR
have given birth vaginally
whatever your age



Choose **SIZE B** if you:

Are under 30
AND
have not given birth
vaginally

THE SIZE YOU CHOOSE

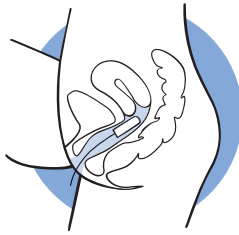
Size A is 3mm bigger than size B – a small difference but it is important!

If you're not sure which size to go for, please get in touch with our Mooncup Advice team.

How to use the Mooncup®



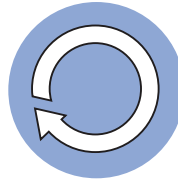
Position of Mooncup



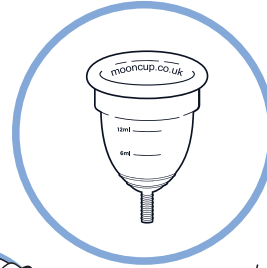
Position of tampon



Wash your hands
before & after use



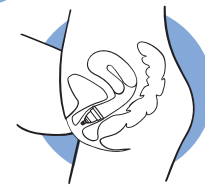
Rinse
& reinsert



Fold it



Empty every
4-8 hours



Insert &
position as low
as comfortable

CONSULT YOUR MEDICAL HEALTH PROFESSIONAL BEFORE FIRST USE IF YOU:



- Have, or suspect you have, a gynaecological condition
- Are considering using an IUD/IUS in conjunction with a Mooncup®



Menstrual cups can be associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death.
DO NOT USE IF YOU HAVE EVER HAD TSS.

HOW DO I USE THE MOONCUP IN A PUBLIC TOILET OR AT WORK?

Wash your hands at the sink and then:

- take a small bottle of water into the toilet cubicle with you, empty your Mooncup into the toilet bowl, rinse with a small amount of water and re-insert.

Remember, because the Mooncup can hold more menstrual blood than a regular tampon or pad you may not need to empty and reinsert it as often as you would change your conventional sanitary protection.

ADVICE SERVICE

Mooncup Ltd offer a friendly advice service run by medical health professionals happy to help with any Mooncup usage questions or problems: advice@mooncup.co.uk Tel: +44 (0)1273 673845

For further information including comprehensive FAQ's visit: mooncup.co.uk/faqs

For further usage info and video: mooncup.co.uk/how-to-use