

Your Mooncup® menstrual cup

First Steps

X3

Please read this guide before use and keep

Using the Mooncup can take practice of up to 3 cycles

Clean your Mooncup thoroughly before first use and between periods (see section 'Cleaning and care of your Mooncup')

Wash your hands with warm water and soap and rinse them thoroughly with clean water before and after inserting and removing your Mooncup

Thank you for choosing to use the Mooncup®

By doing so, you're making a choice for:

- Freedom from repeat purchase
- Pioneering ethical business
- Supporting menstrual health projects globally
- A shame-free perspective
- A greener future

At the roots of our mission since we started in 2002.

Thank you for being part of the story.

Join us @mooncupltd
Find out more at mooncup.co.uk

OUR TRIED AND TRUSTED DESIGN IN DETAIL

- 100% medical grade silicone
- Flexible and smooth for maximum comfort
- Folds with ease and stays securely open
- Holds 3 x more than a regular tampon
- Soft-touch texture, easy to grip, insert, remove and clean
- Adjustable stem for optimum fit
- Manufactured to the highest quality standards
- Mooncup® shown to scale

CHOOSE YOUR SIZE?

Size is related to age and childbearing history. There are two sizes:

HAVE I GIVEN BIRTH? UNDER 30YRS	30+YRS
No: B	A
Yes, a vaginal birth: A	A
Yes, by caesarean: B	A

INCLUDED IN THIS BOX

- One medical grade silicone menstrual cup
- One organic cotton storage pouch
- Instructions for use (see reverse)

CONSULT YOUR MEDICAL PROFESSIONAL BEFORE 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. Read and save the information on the reverse side. DO NOT USE IF YOU HAVE EVER HAD TSS.

Registered Trademark Number: Mooncup 0821065
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REUSABLE AND LASTS FOR YEARS

UP TO 8 HRS PROTECTION

LATEX FREE AND CONTAINS NO PLASTIC, DYES, BPA, TOXINS, PESTICIDES OR BLEACHES

ONE MOONCUP® COVERS LIGHT TO HEAVY DAYS

MADE IN THE UK BY A CERTIFIED ETHICAL BUSINESS

THE ECO-FRIENDLY AND COST EFFECTIVE CHOICE

DEDICATED MOONCUP® ADVICE SERVICE RUN BY MEDICAL HEALTH PROFESSIONALS

mooncup.co.uk

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An electronic version of this guide is available in a selection of languages. Please contact info@mooncup.co.uk

How to insert your Mooncup®

Find a comfortable sitting, standing, squatting or kneeling position

It is easier to insert your Mooncup wet

Fold the Mooncup (see more folding options at mooncup.co.uk/folding)

Keeping the Mooncup folded, hold it firmly with your finger and thumb as low down the cup as possible. With the other hand, part the labia (folds of skin around the vagina), find the entrance to the vagina and guide the Mooncup up and towards your back

The Mooncup is designed to be worn as low as it will comfortably sit in the vagina; vaginal length varies

Position of Mooncup

Position of tampon

How to remove your Mooncup®

PLEASE NOTE: There is no need to remove the Mooncup for urination or bowel movements.

Empty your Mooncup every 4 - 8 hours

To remove the Mooncup you must first release the seal.

Sit on the toilet or squat to remove your Mooncup – a squatting position shortens the vagina and makes removal easier

EITHER Gently squeeze the base of the cup to release the seal

OR Insert a finger alongside the Mooncup to release the seal

If you cannot reach the base of the cup either pull gently on the stem, or 'push down' with your vaginal muscles until you can grasp the base of the cup

When the base of the cup is almost out, angle the Mooncup slightly sideways to remove half of the rim before angling it the other way to release the other half. This will ensure the Mooncup slides out smoothly and remains upright with the fluid contained inside.

Empty the contents of your Mooncup into the toilet, rinse and reinsert.

The end of the stem should sit just inside your vagina. Vaginal length varies, so the stem is designed to be trimmed if required. Remember the Mooncup is designed to be worn as low as it will comfortably sit.

If you find that the Mooncup is uncomfortable when sitting or walking, or pinches the vaginal opening, then you probably need to trim the stem a little bit at a time.

Please ensure that you feel confident with the position and the removal of your Mooncup before trimming the stem.

Practice removing your Mooncup without using the stem before trimming it (see section 'How to remove your Mooncup'). Some users find that they need to remove the stem completely.

Remove your Mooncup from the vagina and use clean scissors or nail cutters to trim

Trim a little at a time and reinsert to check for comfort

Cleaning & care of your Mooncup®

It is very important to keep your Mooncup clean. With the proper care, cleaning and storage your Mooncup will last for years.

Before first use and between periods

Clean your Mooncup thoroughly using one of the following methods:

Cover fully with water and boil in an allocated pan for 5-7 minutes. DO NOT boil dry!

Soak in sterilising solution diluted as per manufacturer's guidelines for minimum recommended time (usually 15 mins). Rinse thoroughly.

During your period

Wash regularly with mild, unscented soap and hot water. Remove any soap residue to avoid irritation.

The tiny holes below the rim help to release the seal. Make sure you keep these clear.

Turn the Mooncup inside out to clean if necessary.

In a public toilet

Use a small bottle of water to rinse. Wash more thoroughly as soon as convenient.

While travelling

Always use drinking water to clean.

Storing your Mooncup

Dry thoroughly and store in the cotton bag provided.

DO NOT store in a plastic bag or sealed container.

Cleaning & care of your Mooncup®

DO NOT USE THE FOLLOWING AS THEY MAY DAMAGE YOUR MOONCUP OR CAUSE VAGINAL IRRITATION:

- Petrol based substances such as Vaseline
- Oil based substances e.g. essential oils or coconut oil
- Harsh cleaners
- Strong or scented soaps
- Dishwasher or microwave

THE MOONCUP IS NOT SUPPLIED IN A STERILE STATE.

REPLACE YOUR MOONCUP IF YOU NOTICE ANY TEARS, SPLITS OR OTHER CHANGES IN THE APPEARANCE OR TEXTURE.

Warnings

Toxic Shock Syndrome (TSS) is a rare but serious and sometimes fatal disease. It has been linked to the high absorbency and prolonged use of tampons and has also been associated with intra-vaginal devices including menstrual cups. Symptoms of TSS often mimic flu and can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, or a sunburn-like rash during your period or some days after. If you experience these symptoms while using the Mooncup® remove it and contact your doctor.

DO NOT USE THE MOONCUP IF YOU HAVE EVER HAD TSS. (see mooncup.co.uk/TSS)

Warnings

DO:

Remove your Mooncup and contact your doctor if you experience symptoms such as general pain, burning, irritation, inflammation in the genital area or discomfort during urination.

Consult your medical professional before use if:

You have or suspect you have a gynaecological condition.

You are considering using the Mooncup in conjunction with an IUD/IUS. In some instances an IUD/IUS may be dislodged when used in conjunction with a menstrual cup.

Have your IUD/IUS checked by a medical professional if it is causing you pain or you suspect it has moved. Until then stop using your Mooncup and use an additional form of contraception.

DO NOT:

Use the Mooncup if you have ever had TSS.

Share your Mooncup menstrual cup.

Use the Mooncup during intercourse.

The Mooncup will not prevent pregnancy.

The Mooncup will not protect against Sexually Transmitted Infections (STIs).

Troubleshooting

Removal problems

Relax. The cervical opening at the top of the vagina is very small so there is no possibility of the Mooncup getting "lost" inside the body.

The Mooncup is held in place by your vaginal muscles, being tense will make it more difficult to remove.

Take your time and re-read the instructions.

It is much easier to remove or insert the Mooncup if you are squatting.

If you cannot reach the Mooncup you will need to use your vaginal muscles to ease it down.

Use a sequence of slow, gentle downward pushes (rather than one long hard push). As each small push is released it may feel as though the Mooncup is rising again but keep gently pushing down and after 5-8 gentle pushes the Mooncup will move lower. (see mooncup.co.uk/removal)

Troubleshooting

Leakage

Check that the position of your Mooncup is low enough (see section 'How to insert your Mooncup').

Check that you have trimmed the stem correctly (see section 'How to trim the stem of your Mooncup').

Check that a seal has formed between the Mooncup and your vaginal wall (see mooncup.co.uk/leakage)

Check the tiny holes under the rim of the Mooncup are clear (see mooncup.co.uk/cleaning)

Further Questions or Problems?

You may find the answer on the FAQ pages of our website www.mooncup.co.uk

You can also contact Mooncup Advice on: +44 (0) 1273 673845 or advice@mooncup.co.uk

The Mooncup® is manufactured in the UK for Mooncup Ltd, Vantage Point, New England Road, Brighton, BN1 4GW, UK.

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