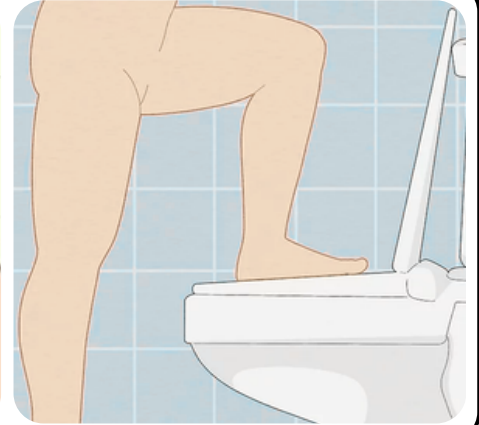


Inserting a Menstrual Cup Using an Applicator:

1. Comfortable position

Find a comfortable position that opens your vagina.

Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



3. Lubricate applicator

Rub lubricant on the inside and outside of the applicator.

It will take practice to figure out how much to use- start with 2 pea sized globs of lubricant.



4. Lubricate cup

Rub lubricant to the outside of the menstrual cup- especially the rim.

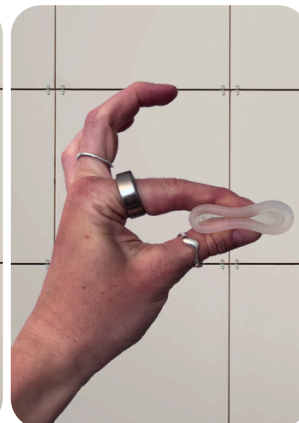
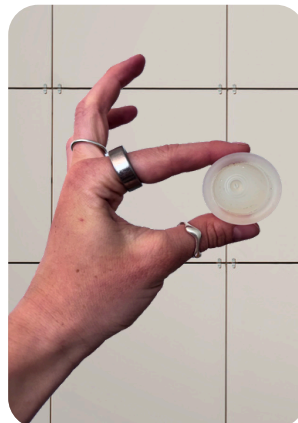
It will take practice to figure out how much to use- start with 2 pea sized globs of lubricant.



5. Fold cup

Place your index finger in the cup's center, and fold it into a 'C' with your thumb and middle finger. Remove your index finger and squeeze the sides.

There are many ways to fold a cup--research & experiment!



6. Put cup in applicator

Slide the cup into the hole in the back of the applicator (the wider hole). The opening of the cup goes in first!

If it is not sliding in easily add more lubricant.



7. Insert plunger

Insert the plunger into the hole in the back of the applicator.

It will only go in a small amount at first- don't push it too far or the cup will come out!



8. Find vaginal opening

Use your fingers or applicator to find your vaginal opening. You may need to spread your labia to the side to find it.

It may help to insert your finger into your vagina to understand its direction.



9. Position applicator

Position the applicator in your vaginal opening.

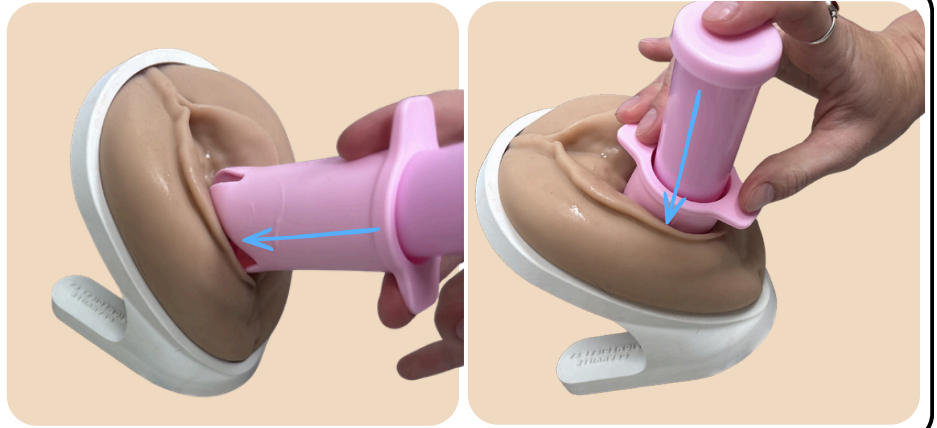
Angle it toward your tailbone-- avoid pointing straight up!



10. Insert Applicator

Slowly slide the applicator inside your vagina--stop when your fingers touch your vaginal opening.

Adjust the angle of the applicator if you're uncomfortable--back towards tailbone, not straight up!



11. Push in plunger

Use your pointer finger or thumb to push the plunger (the back half of the applicator) in towards your body.

The plunger pushes the cup out of the applicator and into your vagina.



12. Remove applicator

Pull the applicator out of your vagina.

The cup will be left in your vagina



13. Adjust if needed

If the position of the cup feels uncomfortable, push up or pull down slightly to adjust.

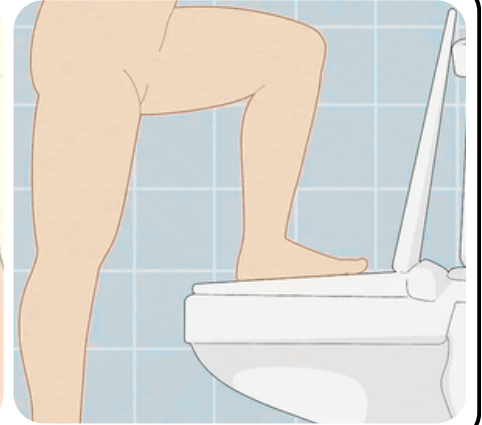


Removing a Menstrual Cup:

1. Comfortable position

Find a comfortable position that opens your vagina.

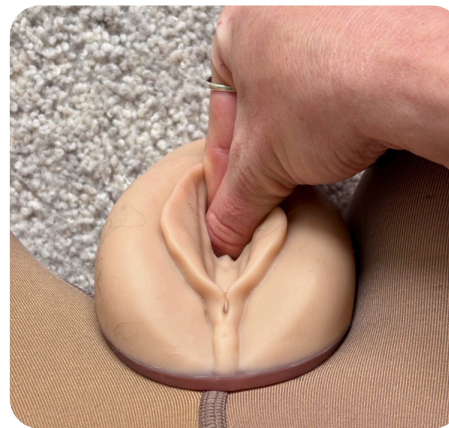
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



2. Pinch cup

Insert 2 fingers (pointer + thumb or pointer + middle) into your vagina and locate the cup's stem.

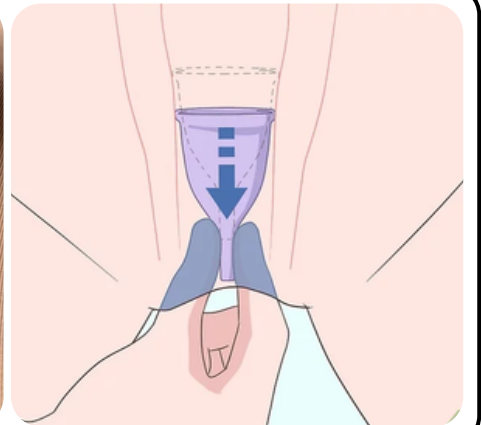
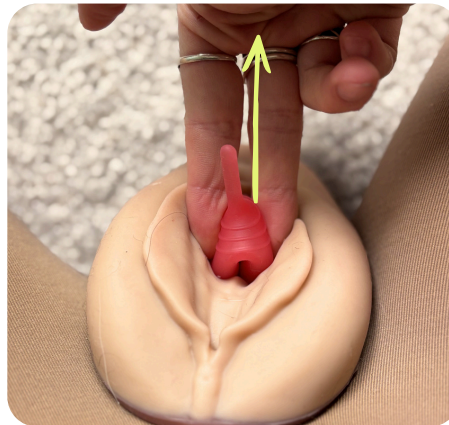
Slide your fingers up until you reach the base of the cup & pinch firmly.



3. Pull cup out

Gently pull downward to remove the cup.

If it seems stuck, push in the sides of the cup to release suction.



4. Empty & rinse cup

Dump the blood out of the cup into the sink, toilet, or shower.

Rinse the cup with warm water in the sink before re-inserting.

