

# Inserting a Menstrual Cup:

## 1. Comfortable position

Find a comfortable position that opens your vagina.

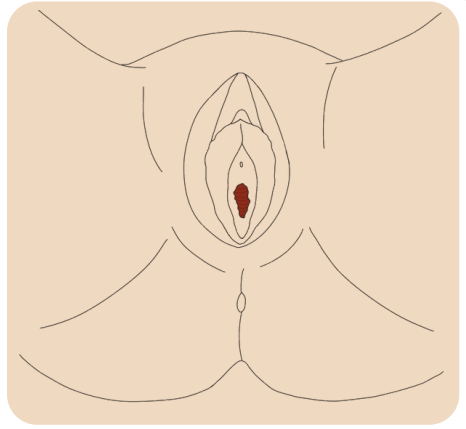
Try sitting on the toilet with knees spread, squatting, or standing. Experiment until you discover what works best for you.



## 2. Find vaginal opening

Use your fingers 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.



## 3. 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!



## 4. Position cup

Position the cup in your vaginal opening.

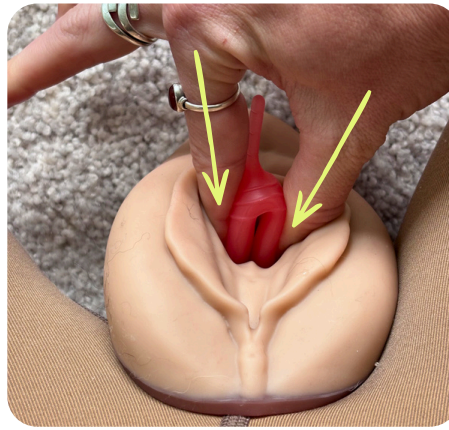
Angle it toward your tail bone--avoid pointing straight up!



### 5. Insert cup

Gently slide the folded cup inside your vagina--your fingers will go inside your vagina.

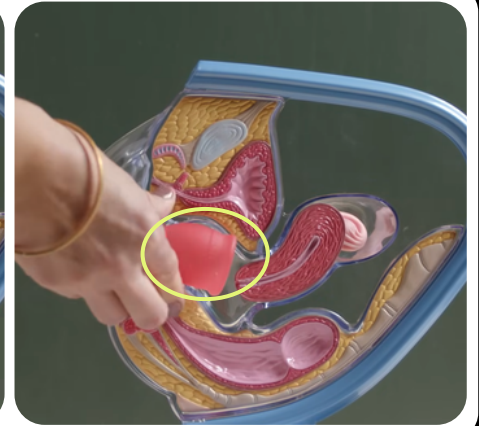
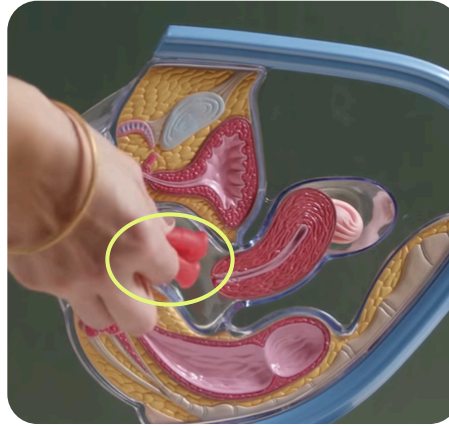
Stop when your pointer finger is about  $\frac{1}{2}$  way inserted in your vagina.



### 6. Cup opens & seals

Once inserted, let go of the cup and slide your fingers out.

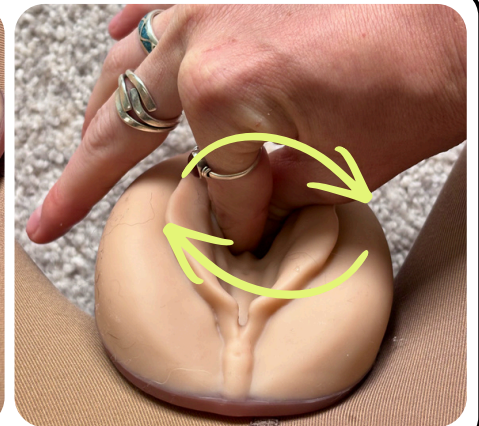
The cup will pop open and stick inside your vagina.



### 7. Check for folds

Run finger along cup while it is inside--if you feel folds, twist cup so it opens fully.

Double check the seal by lightly pulling on the stem.



### 8. 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.

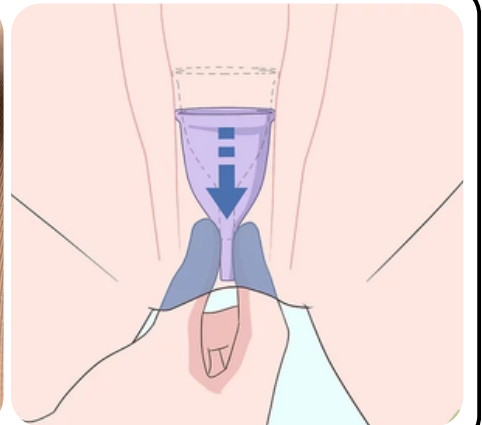
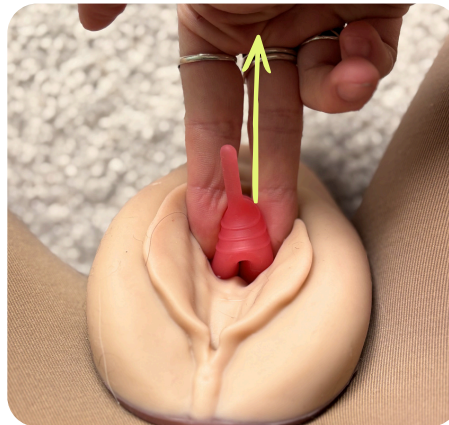
Slide your fingers up until you reach the base of the cup & pinch firmly.



## 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.

