

Menstrual Cup Removal Tip Sheet

1. Preparing and Relaxing

Before you even reach for the cup, your mindset and prep work are the most important parts.

- **Relax and Regulate:** Take time to relax and regulate- stim, play your favorite video game, read, listen to music... whatever helps you feel calm in your body is great!
- **Wash and Dry:** Always wash your hands with soap first. **Pro tip:** Dry your fingers thoroughly; it makes it much easier to grip the cup.
- **Don't Panic:** It is physically impossible for the cup to get lost inside you. The vaginal canal is only about 3–6 inches long and ends at the cervix.
- **Deep Breaths:** If you are tense, your pelvic muscles will "clench" the cup. Take a few deep breaths. If you feel frustrated, walk away for 10 minutes and try again later.
- **Gravity is Your Friend:** If the cup feels too high, try again in an hour or 2. As the cup fills up, gravity naturally pulls it lower.

2. Finding the Best Position

Different bodies work better in different positions. If one doesn't work, try another!

- **The Toilet:** Sit with your legs spread wide. Try leaning forward or putting one foot up on a small stool or the bathroom trash can.
- **The Shower:** This is the best place to practice because it's 100% mess-free. You can stand with one leg on the tub ledge or do a deep squat.
- **The Deep Squat:** Squatting low to the floor (even outside the shower) shortens the vaginal canal and pushes the cup toward the opening.
- **The Bed:** If you're struggling, try lying on your bed with your knees bent and legs spread to reach more easily. Put a towel or old t-shirt under your bottom if you are using this method to avoid a mess.

3. Moving the Cup Down

If the cup is sitting high up, you need to bring it closer to the "exit" before you can grab it.

- **The "Push":** Use your pelvic floor muscles (the same ones you use to poop) to push the cup downward.
- **The Guide:** Use the stem only as a **guide** to find the base. Do not pull hard on the stem; it's just there to help you find the bottom.
- **The Wiggle:** If you have a cup with a stem, you can gently wiggle it side-to-side while pushing down with your muscles to bring the base within reach.
- **Movement:** Exercising or even going for a quick walk can help relax your muscles and move the cup lower in your vaginal canal.

4. Breaking the Suction

The cup stays in place because of a vacuum seal. You **must** break this seal before the cup will come out comfortably.

- **The Pinch:** Reach in with your thumb and index finger. Squeeze the **base** (the ribbed part) of the cup firmly. This lets air in and stops the suction.
- **The Finger Slide:** If the pinch doesn't work, slide your pointer or middle finger up the side of the cup until you feel the rim (the top edge). Press the rim inward to collapse the seal.
- **The "C-Fold" Removal:** Some people find it easiest to use their finger to fold the cup into a C or shape while it's still inside to make it smaller as it exits.

5. Smooth Removal and Emptying

Once the seal is broken, you're almost done!

- **Zig-Zag Out:** Gently pull the cup down using a slow, side-to-side zig-zag motion.
- **The Angle:** Tilt the cup slightly so that one half of the top rim comes out first. This is usually more comfortable than pulling the whole wide rim out at once.
- **Keep it Upright:** Keep the cup vertical to avoid spills. Menstrual fluid is thicker than water (more like syrup), so it doesn't usually splash as much as you'd think.

6. Cleanup and Next Steps

- **Wipe and Wash:** Wipe the cup and your fingers with toilet paper. Rinse the cup in the sink or shower with warm water.
- **Public Restrooms:** If you're in public, you can just dump the cup and give it a quick wipe down with toilet paper before you put it back in. Make sure to wash it when you get home!
- **When to Ask for Help:** If you absolutely cannot get it out after 12 hours, don't worry—just visit a doctor or a school nurse. They can help you remove it easily!