



Period Cup
Instructions for use

HELLO

We're delighted that you have chosen the Period Cup from FAIR SQUARED. It is a soft menstrual cup made from natural rubber that is fairly traded – in accordance with the standard of the Fair Rubber Association (www.fairrubber.org) – and FSC®-certified, FSC® C137581 (www.fsc.org). It is inserted into the vagina and collects menstrual blood. The Period Cup is reusable. With proper cleaning and care, the Period Cup can be used for several years. Please replace it if it shows cracks, a sticky surface or deformation. It can be used during sports or swimming, at night and when travelling. You can wear your menstrual cup throughout your entire period, for both light and heavy bleeding. It is suitable both for young people who menstruate and have only just started their periods, and for people who have been menstruating for longer, including those who have already given birth. Please read these instructions carefully before using the cup for the first time and keep them so that you can refer to them later.

BEFORE FIRST USE

Before using your Period Cup for the first time, boil it in plenty of water for about 10 minutes to disinfect it. Make sure there is enough water in the pot so that the Period Cup is not damaged. It should not touch the bottom of the pot – you can place it in a whisk, for example. Do not leave the pot unattended. Let the water cool before taking out the Period Cup, or remove the Period Cup using a spoon or tongs. The Period Cup is held in place in the vagina by a light vacuum and the strength of the vaginal muscles. It is important that the holes in the Period Cup are not blocked. They help to release the pressure when you want to remove it.

BEFORE EACH USE

Before each insertion, wash your hands thoroughly with warm water and soap. Then find a comfortable position so that you can insert the Period Cup in a relaxed way.

FOLDING

There are various folding techniques that make insertion easier. The C-Fold is a good one to start with.



C-Fold



S-Fold



Punch-Down Fold

INSERTION

You can insert the Period Cup while standing, sitting, kneeling or squatting. Try to relax while doing so. Insertion is easier when the Period Cup is wet. Make sure the Period Cup stays folded while you insert it and gently guide it towards your back. To check whether it is positioned correctly, run a clean finger around the cup and feel whether it has unfolded, or pull – gently – on the beads: if it is positioned correctly and a light vacuum has formed, you will feel a slight resistance when you pull.

POSITION

You will quickly find the right position for you through trial and error. Some people prefer the cup to sit just below the cervix, while for others a position further forward, near the vaginal opening, is enough. Just make sure that it does not sit too close to the vaginal entrance, as it may otherwise be uncomfortable, for example when sitting.

REMOVAL

The Period Cup can be worn day and night and can stay in while you go to the toilet. As a rule, it is enough to empty it every 4 to 12 hours. How often depends on the stage of your cycle, the size of the cup and how heavy your bleeding is.

After just a few uses, you will quickly get a feel for how often you should empty your Period Cup. At first, you can change it at the same intervals as a tampon to get a better sense of how heavy your period is and to find out how often you actually need to empty the cup.

Before removing the Period Cup, first wash your hands with warm water and soap and rinse them well. **To remove the cup, you first need to release the light vacuum that holds it in place.** You can do this by squeezing the base of the Period Cup or by inserting a finger alongside the cup and gently pressing it to the side. You can then carefully remove it from the vagina. Consciously relaxing your pelvic floor muscles and rotating the cup can also help. Removing the Period Cup is easiest when squatting or sitting on the toilet. If you cannot reach the Period Cup, push it downwards using your pelvic floor muscles until you can reach the base with your fingers.

It is important that you do not use the beads to pull out the Period Cup. This can be painful and, in the worst case, can even have health consequences. Imagine it as a suction cup pulling your internal organs, such as the bladder, uterus, etc., downwards because the vacuum has not been released. Removal takes some practice. So, especially at the beginning, take enough time to practise.

After removal, pour the blood into the toilet and rinse the Period Cup (see section “CLEANING AND CARE”). You can then reinsert it.

CLEANING AND CARE

Cleaning and caring for your Period Cup is particularly important. When cleaning, make sure the holes are also clear. During your period, it is sufficient to clean it with warm water and a mild, oil-free soap. However, it is important that you rinse off all soap residue thoroughly, as it could otherwise cause irritation in the vagina. When travelling to countries where tap water is not available or may be contaminated, it is important to use only drinking water for cleaning.

Before and after each menstrual cycle, you should disinfect your Period Cup with boiling water. To do this, you can boil it for 5 minutes (100 °C). Make sure there is enough water in the pot so that the cup is not damaged. The Period Cup should not touch the bottom of the pot. Store the menstrual cup hygienically, in a dry place and protected from light.

TRIMMING

If the beads on the stem cause pain or discomfort when walking or sitting, they can be trimmed. To do this, you can cut off one or two of the beads on the stem. First remove the Period Cup from the vagina and use clean scissors or nail scissors to shorten the stem.

Before reinserting the Period Cup, clean it thoroughly (see section "CLEANING AND CARE"). Trim only one bead at first and then check whether the stem still protrudes from the vagina. Only then should you cut off the next bead, if necessary. Before trimming the stem, you should already be practised at inserting and removing the cup so that you don't cut off too much.

IMPORTANT SAFETY INFORMATION

- The Period Cup is made from natural rubber latex – do not use if you have a latex allergy.
- Before using the Period Cup, check that the holes below the rim of the cup are open.
- Do not use the Period Cup if the seal on the packaging is damaged.
- Before first use, boil in water for approx. 10 minutes, making sure there is enough water in the pot to avoid damage.
- The Period Cup is not a contraceptive and should not be used during sexual intercourse. It does not protect against sexually transmitted infections.
- If you have a gynaecological condition, please discuss using the Period Cup with your gynaecologist.
- Always make sure you wash your hands with warm water and soap before using the Period Cup.
- Never wear the Period Cup for longer than 12 hours without emptying it and cleaning it thoroughly.
- If you use an IUD (coil) for contraception, please discuss using the Period Cup with your gynaecologist beforehand. Using the Period Cup may cause your hormonal or copper IUD to shift. You can check this by running a finger along the rim after inserting the cup and feeling for the threads. **It is also essential that you only remove the Period Cup once you have released the vacuum** (see section “REMOVAL”). If your IUD causes pain or appears to have shifted, use an alternative method of contraception (e.g. condoms) and have your IUD checked by a gynaecologist.
- Remove the Period Cup immediately if you experience symptoms such as pain, skin irritation, burning or inflammation in the vagina or genital area, or pain when urinating. If one or more of these symptoms occur, see a doctor urgently.
- The Period Cup must not be put in the dishwasher – dishwasher detergents can damage the material.
- The Period Cup should not come into contact with oily substances.

- Store the Period Cup hygienically, in a dry place and protected from light.
- Keep the Period Cup away from children and animals.
- If you notice cracks, breaks or other changes to the Period Cup, we recommend replacing it with a new one.
- You should not share your Period Cup with anyone else.
- The Period Cup may discolour slightly over time. However, this does not affect its function.
- The Period Cup must not be used immediately after giving birth. After a pregnancy, the postpartum bleeding (lochia) must stop first.

DISPOSAL

Do not flush the Period Cup down the toilet. If your Period Cup is damaged or too old, please dispose of it with your household waste.

TOXIC SHOCK SYNDROME (TSS)

Toxic shock syndrome (TSS) is an infection-related syndrome caused by a specific bacterium and the toxins it produces. These can be absorbed by the body through open wounds and mucous membranes.

SYMPTOMS OF TSS

Symptoms include high fever, fainting, muscle pain, racing heart, nausea and vomiting, diarrhoea, dizziness, a drop in blood pressure, and a general sunburn-like redness followed by peeling of the skin, especially on the soles of the feet and the palms of the hands.

If you experience one or more of these symptoms during your period, remove the Period Cup immediately and see a doctor. Tell them that it could be TSS. If you have had TSS in the past, you should not use the Period Cup.

WHICH SIZE IS RIGHT FOR YOU?

SIZE	VOLUME	HEIGHT	Ø	RECOMMENDATION
S	8 ML	6.10 CM	3.8 CM	VERY LIGHT BLEEDING
M	13 ML	6.65 CM	4.1 CM	NOT GIVEN BIRTH, UNDER 30
L	16 ML	6.95 CM	4.4 CM	GIVEN BIRTH, OVER 30
XL	20 ML	7.20 CM	4.7 CM	MODERATE TO VERY HEAVY BLEEDING

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THESE INSTRUCTIONS APPLY TO ALL SIZES