

GYNOCUP™

Superior Quality & Performance

Say **Yes** to Self-Transformation with Gynocup



ULTRA SOFT
Reusable Menstrual Cup



THE GYNOCUP STEP-BY-STEP GUIDE

What is a menstrual cup?

A menstrual cup is a replacement of conventional un-hygienic disposable products such as sanitary pads and tampons. These menstrual cups are made of medical-grade silicone, which is washable and reusable. Gynocup doesn't absorb the menstrual fluid; instead collects it inside, which is more hygienic than sanitary napkins.

How does it work?

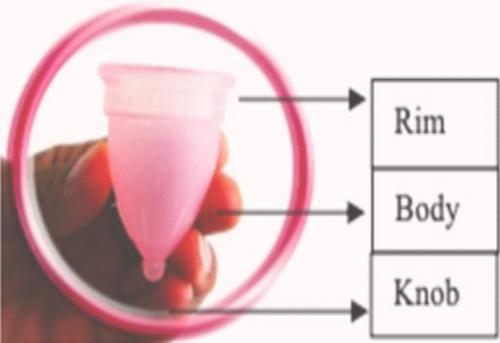
These cups are soft and super flexible so that they can be inserted into the vagina, unlike the pads and tampons, which cover a huge area and are breeding grounds for microbes.

The flexible menstrual cup is inserted by folding quite easily and efficiently into the vagina, where due to its design, it gains its shape again. Menstrual cups create a kind of vacuum/seal that does not let any fluid pass out, and it gets collected in the cup. The placement is fairly near the opening, unlike tampons that need placing even higher.

To remove the cup, all you need to do is push it down using your pelvic muscles and tug on to the stem to pull it out of your body. Empty and rinse it every time you take it out. You could empty it in the toilet or sink then rinse it with water before you reinsert it.

A menstrual cup is very durable because of the material they are made of, they can be used for several months without replacements, and you would never need another sanitary product. These menstrual cups are also environment-friendly while being menstruation friendly.

Steps to use menstrual cup

 <p>The image shows a hand holding a pink menstrual cup. Three arrows point to different parts of the cup: the top edge is labeled 'Rim', the main part is labeled 'Body', and the small protrusion at the bottom is labeled 'Knob'.</p>	<p>You need to hold menstrual cup with clean hands.</p>
 <p>The image shows a hand holding a pink menstrual cup, demonstrating how to press it tightly.</p>	<p>You need to press menstrual tightly.</p>
 <p>The image shows a hand holding a pink menstrual cup, demonstrating how to fold it in half.</p>	<p>You need to fold menstrual cup in half (You may use both hands in the process).</p>
 <p>The image shows a hand holding a pink menstrual cup, demonstrating how to press it tightly to hold it in place.</p>	<p>You need to press menstrual cup tightly to hold it in place.</p>
 <p>The diagram shows a pink menstrual cup inserted into the vagina.</p>	<p>You can wear menstrual cup with ease in different positions (standing, squatting, sitting on toilet seat or under the shower).</p>

How to Wear a Menstrual Cup?

You can try any position easy for you to wear the menstrual cup comfortably. Some women find it better to squat, some in the shower.

Try to wear it smoothly and as quickly as you can - the more hesitation you have, the more difficult it will be as the menstrual cup will keep opening up too soon. Practice, making familiar, this shall help. Soon you will be doing it in seconds!

Aim towards the bottom of your spine. The vaginal canal is not vertical or horizontal, and it slopes upwards. If you are not familiar with the slope of your canal, try it with a finger to see in what direction you should be inserting.

You only need to push the menstrual cup in as far enough so that the knob remains outside.



Before wearing the cup



After wearing the cup

How to check after wearing?

You should feel the menstrual cup unfold inside as soon as you have pushed it in. Some women find it is better to let the cup unfold when just inserted, and then to push it a little further - this creates a gentle "suction," which ensures no leakage. If you do not feel your cup unfold, you should relax your pelvic muscles, and use a finger to check the sides of the cup. You could also give it a gentle turn to create the seal.

How to remove the menstrual cup?

Wash your hands thoroughly with soap. Take any of the following comfortable position: Sitting on the toilet or Squatting

Hold the tip of the base firmly by inserting your fingers and sliding them up to the base. Give it a minimal squeeze very gently, and remove it by tilting it a little to release the vacuum seal. Empty it in the toilet or sink and wash it with water before cleaning it with cup cleaner, which is provided along.

Empty and reinsert.

It can take you a few tries or even a few menstrual flows to adjust to menstrual cups, just like your first time when you had to adjust to sanitary napkins or tampons. But soon, you will see the wonder of menstrual cups, and become a cup-fan!

How to clean menstrual cup?

During the menstrual cycle

Wash menstrual cup with hot/cold water; take menstrual cup wipe with a dry hand; wash menstrual cup with menstrual cup cleaner to get a rich lather: rinse it well to clean it thoroughly.

Beginning and end of the menstrual cycle:

Boil menstrual cup for (5-8 minutes) in water to sterilize it.

In emergency:

If the sterilization of menstrual cup (5-8 minutes) is not possible, ensure to clean it thoroughly as per directions before use.

How to Store menstrual cup?

After your period, wash the menstrual cup, sterilize it, dry it and store it in the cotton bag provided along and not in a plastic bag or an airtight container.

Easy to use?

Yes, it is easy to use, but for beginners, as it is something very different than what you have been using until now, it may take some getting used

to time. Don't give up in only one or two attempts. Experiencing some leakage during your first few attempts is natural as it could be because the is not completely unfolded or is not correctly positioned.

When inserting if you feel uncomfortable, check it again and readjust it. If you need the stem shorter, you may have to do it yourself. If you have difficulty in removing the menstrual cup, try relaxing your pelvic muscles as they may have been tensed, which could make it difficult for you to remove the cup? If you still cannot remove it, give it a minute and do something else or walk around, then try removing again when you are relaxed.

The cup is very comfortable when inserted correctly; you may not even feel it. The silicon material from which it is made of, it heats up along with the body's internal heat and softens even more with time. It may take you 3 or 4 cycles to realize the best position and angle for your body.

How many times a day should you empty your cup?

Technically the duration of unstopable usage is 12 hours, but practice emptying it every 4-8 hours (depending on flow). Since the placement is not outside but inside the vagina and on the plus point of having no fibers and being completely inert, the toxic shock syndrome is out of the picture.

When should you not use menstrual cups?

- It is not recommended to use a GynoCup during intercourse.
- Immediately after giving birth, having a miscarriage, or an abortion.
- You should not wear GynoCup at any time other than during your period.
- Consult with your gynecologist if you have or have had a medical concern, before using a menstrual cup.
- Consult your gynecologist if and when you experience any adverse effects and discontinue usage immediately.
- Your menstrual cup should not be as far in as you would push a tampon.
- Your menstrual cup should not be touching your cervix.
- When properly worn, you should not be able to feel your menstrual cup at all.

Points to remember:

- It is not a physical contraceptive, and it does not protect against STDs
- It does not remove one's "virginity."
- It can be used along IUDs or diaphragms.
- It is not mandatory to remove the cup at night.
- No association whatsoever with toxic shock syndrome.

We would love to hear from you! Feel free to contact us if you have any questions or suggestions.

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