

The logo consists of a black speech bubble shape pointing downwards and to the left. Inside the bubble, the word "FAIR" is written in a large, bold, white sans-serif font, and the word "SQUARED" is written in a smaller, white sans-serif font directly below it. The background of the top half of the page features a repeating pattern of light blue circles, each containing a darker blue circle, set against a white background.

FAIR
SQUARED

Period Cup
Directions for use

HELLO

Congratulations on your purchase of the environmentally friendly Period Cup from FAIR SQUARED. The Period Cup is a soft menstrual cup made from Fairly Traded natural latex. It's inserted into the vagina and collects the menstrual fluid. The Period Cup is reusable and can last for several years. It can be used while you do sports, including swimming, you can use it at night and when travelling. You can wear your Period Cup throughout your whole menstrual cycle, no matter whether the menstrual flow is light or heavy. It is suitable for young menstruating people who have just started menstruating as well as for menstruating people who have been menstruating for some time and those who have already children.

Please read the directions for use carefully before you use the Period Cup for the first time. And you may want to hold onto this guide so you can refer to it again later.

BEFORE THE FIRST USE

Before you use your Period Cup for the first time you should disinfect it by immersing it in boiling water for about 10 minutes. Make sure to fill the kettle with enough water so as not to damage the Period Cup: it should never touch the bottom of the cooking vessel. For that, you can place it inside a whisk. The Period Cup creates a light seal against the vaginal wall which keeps it in place. The tiny holes in the rim of the Period Cup make it easier to remove it. So please make sure that none of these holes are blocked.

BEFORE USE

Before you insert the Period Cup always wash your hands thoroughly with warm water and soap. To insert the cup get into a comfortable, relaxed position.

FOLDING

There are a number of folding techniques that make it easy to insert the Period Cup. For the start try the C-fold.



C-Fold



S-Fold



Punch-Down-Fold

INSERTING

You can insert the Period Cup while you are standing, sitting, kneeling or squatting. Relax. It's easier to insert the Period Cup when it's wet. Make sure the Period Cup is still folded and insert it gently upwards and towards your back. To check whether the Period Cup is placed correctly run your (clean) finger around the cup to make sure it is unfolded or try a very **gentle** pull on the stem: if you feel a slight resistance the cup is sitting in the correct position.

POSITION

You will easily find the right position for the Period Cup by trying it out. Some women prefer to position the cup close to the cervix, others place it away from the cervix. Make sure the Period Cup is not sticking out of the vagina, as it would make sitting uncomfortable.

REMOVING THE PERIOD CUP

You can wear the Period Cup day and night and you don't have to remove it to use the toilet. Usually it suffices to remove and empty it every 4 to 12 hours. The frequency will depend on what phase of your cycle you are in, the size of the cup and how heavy or light the flow is.

Once you've used it a few times you will have a pretty good idea of how often you need to empty your Period Cup. At the start you may want to do so about as often as you would change a tampon. You will get a better sense of how heavy the menstrual flow is and how often you actually have to empty the Period Cup.

Before you remove the Period Cup wash your hands with warm water and soap, make sure you rinse them well. **To remove the Period Cup you will have to overcome the seal-effect that keeps the Period Cup in place.** To do so, gently squeeze the base of the cup or insert a finger alongside the Period Cup, gently nudging it sideways. Now you can remove it. It's easiest in a squatting position or sitting on the toilet. If you can't reach the Period Cup use your pelvic muscles to gently press it down until you can reach the bottom of the cup with your fingers. **It is really important that you don't use the baubles of the stem to pull the cup out - this may cause pain and at worse have health consequences. Imagine it being a vacuum extractor which may pull down your organs like the bladder or uterus because of the vacuum.**

Removing the menstrual cup may take some practice. In the beginning just take your time and practice.

Empty the menstrual fluid into the toilet and rinse the Period Cup (see section „CLEANING AND CARE“). You can now re-insert your Period Cup.

NOTE

If you are wearing an IUD or IUs (coil) please talk to your gynaecologist or GP before using a Period Cup.

CLEANING AND CARE

Cleaning and care of you Period Cup are very important. While cleaning make sure the small holes are clear, too. During your menstrual cycle you just need to clean the cup with warm water and a mild oil-free soap. Rinse the cup well to remove any soap residue which could lead to skin irritation in the vagina. Should you be travelling in countries where clean tap water is unavailable make sure to use bottled drinking water for cleaning.

Before and after your menstrual cycle you should disinfect your Period Cup in boiling water. Boil the Period cup for 5 minutes at 100° C. Make sure to fill the kettle with enough water in order not to damage the Period Cup: it should never touch the bottom of the cooking vessel. The cotton bag that comes with your Period Cup is ideal for storage. The Period Cup should be stored in a dark, clean and dry place.

ADJUSTING THE LENGTH OF THE STEM

Should the baubles of the stem cause you any discomfort while walking or sitting you can shorten the stem. You can simply cut off one or two of the baubles. Remove the Period Cup from the vagina and use a clean pair of scissors to shorten the stem.

Before you reinsert the Period Cup you should thoroughly clean it (see Cleaning and Care). Initially only cut off one bauble, insert the Period Cup and see how that feels. Cut off the second bauble if necessary. Before you shorten the stem you should be well practised in inserting and removing the Period Cup in order not to accidentally shorten the stem too much.

CAUTIONS

- The Period Cup is made from natural latex which in rare cases can lead to allergic reactions.
- Make sure the tiny holes under the brim of the cup are clear before use.
- Before using the Period Cup for the very first time boil it for about 10 minutes; make sure to have enough water in the kettle in order not to damage the cup.
- The Period Cup is not a contraceptive and should not be worn during intercourse. The Period Cup does not protect against sexually transmitted diseases.
- Should you have gynaecological problems or issues please consult your physician/GP before using a Period Cup.
- Always wash your hands with warm water and soap before using the Period Cup.
- Never wear the Period Cup for more than 12 hours without giving it a thorough clean.
- If you are wearing a contraceptive IUD please consult your physician/GP before using a Period Cup. Wearing a Period Cup may change the alignment of an IUD or IUs (coil). You can check this by inserting your finger to touch the brim and feel if you can also touch the thread of the IUD. **Moreover, it is absolutely necessary to only remove the Period Cup when the vacuum was loosened (see section „REMOVING THE PERIOD CUP“).** If the IUD causes you pain or seems to have moved use an alternative form of contraception (e.g. condoms) and ask your physician/GP to check your IUD/IUs (coil).

- Should you experience pain, skin irritation, a burning sensation or inflammation of the vagina or genital area, or should passing urine be painful, remove the Period Cup immediately. If you experience one or more of these symptoms, see your physician/GP immediately.
- Do not clean your Period Cup in a dishwasher as the detergents can damage the material.
- The Period Cup should not get in contact with oily substances.
- Store your Period Cup in a dark, clean and dry place.
- Keep your Period Cup away from children and animals.
- Should you notice small cracks, fissures or other changes in your Period Cup we recommend that you replace it with a new one.
- Do not share a Period Cup with another person.
- Over time the Period Cup may change colour slightly: that has no impact on the cup's functionality.
- Do not use the Period Cup right after having given birth. Vaginal discharge (lochia) has to end first.

Toxic shock syndrome (TSS)

Toxic shock syndrome (TSS) is an infection caused by certain bacteria and the poisonous substances they produce. These can enter the body through open wounds and mucous membranes.

TSS symptoms

Sudden high fever, spells of unconsciousness, muscle pain, increased heart rate, nausea and vomiting, diarrhoea, drowsiness, loss of blood pressure, general reddening of the skin like a sun burn with subsequent peeling of the skin, in particular on the palms of the hands and the soles of the feet.

Should you experience one or more of these symptoms during your period immediately remove the Period Cup and see your physician/GP. Tell your doctor that you are suspecting TSS. If you have experienced TSS in the past do not use a Period Cup.

Have a look at our website, too. At [fairsquared.com](https://www.fairsquared.com) we have gathered some tips for Period Cup beginners.

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