



MENSTRUAL CUP INFORMATION & FAQ

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MENSTRUAL CUP BASICS

- The average menstrual cup holds as much as 5 regular tampons or as much as 2 fully saturated overnight pads.
- Menstrual cups are most often made from medical grade silicone and can be safely worn for up to 12 hours, including during sleep.
- They can be easily washed and sanitized with each use.
- When cared for properly, a menstrual cup can last up to 10 years.

It may take some time to get comfortable with inserting, wearing, and removing the cup. **Don't feel pressured to get it perfect the first time!**

PUTTING YOUR CUP IN

- First things first, relax. You've got this!
Position: See what works for you. Try sitting on the toilet, squatting, or standing with a leg up on the toilet or side of the tub.
Fold the cup: The most common folds are the punchdown fold and the c-fold (illustrated to the right). Choose a fold and insert the cup. You do not have to put the cup far in, but you do want the cup to be fully inside of the vagina when worn. If it opens up too low, that's okay, gently push it up.
Check for a good seal: If you can, give the cup a little twist & run your finger around the side of the cup. If the cup feels puckered, it's probably not open and you'll want to try again.
- Once the cup is in and open, you're good to go! If you'd like you can wear a backup pad until you feel confident with the cup's performance.

REMOVING YOUR CUP

- While seated on the toilet feel for the base of the cup, give it a squeeze to help release the suction, and slowly pull the cup out while keeping the base pinched. Tilt slightly as you begin the pull the cup out so that the cup is level with the toilet when fully removed. Once out, dump the contents into the toilet, wash the cup, and reinsert.
- If you can't easily reach the base of the cup, use the stem to help gently pull it low enough to reach. Do not use the stem, alone, to pull the cup out. You can also use your muscles (like a bowel movement) to help push the cup down a bit.

CUP CARE

- Because cups cannot absorb, they do not harbor bacteria in the same way as other internal menstrual products. A **gentle soap & water** will cleanse the cup and keep it safe for use. You may also choose to boil or steam your cup to fully sanitize it between periods.
- If you find that your cup is staining, this is okay and not uncommon. If stains bother you, soaking your cup in peroxide should remove the stains.
- Store your cup in a breathable container, like the pouch it comes with, when not in use.



Simplified, Period! is a non-profit organization. Information in this packet is provided by PutACupInIt.com, an educational resource and advocacy website for menstrual cups and sustainable menstrual products. ©Put A Cup In It, LLC



Need more info or support for your cup? You can find personal support at <https://vag.life/cupnation> or by reaching out directly via @putacupinit

FIT/LEAK TROUBLESHOOTING

If the cup is leaking due to being full, then you will want to empty it more often. If the cup is half full or more, it could be at capacity when inside of your body. If the cup is not half full or more when leaking, then it is usually that the cup isn't creating a good seal.

- Try a different fold/position when inserting your cup.
- Try allowing the cup to open up lower in the vagina and then nudge it up to a comfortable height.
- Flip the cup inside out. Sometimes the slight change in shape makes all of the difference.

FREQUENTLY ASKED QUESTIONS

Will it work with heavy periods and/or clots?

- The average cup holds as much as 5 regular tampons/pads or 2 super tampons/overnight pads. While it may need emptied more often than every 12 hours, it holds considerably more. If you are extremely heavy, wearing a pad or period underwear for backup may extend that.
- If you know you frequently have larger clots, consider the larger size of menstrual cup available to you.

How do I know when it's full?

- Check your cup every few hours for the first cycle or two so that you can get a better idea of your menstrual flow and how often you need to empty it. This will vary from person to person.

Can I use the bathroom with the cup in?

- Yes.

Can I wear it while sleeping/sports/you name it?

- You can do any activity you would normally do. The cup should stay securely in place.

Is it messy?

- No, but there is a learning curve and accidents can happen. Practice will improve your experience.

Can I have sex with a menstrual cup in?

- It is not recommended to have penetrative sex with a cup in. That said, oral sex & masturbation are definitely still on the table!

Can it get lost or stuck up there?

- No. At the end of your vaginal canal is the cervix (the opening to uterus) and it won't allow anything past it, except sperm. If you are concerned that your cup is "lost" or you cannot easily reach it, try squatting as low as you can and use your muscles to help push the cup low enough to reach. Once you can reach it, follow normal removal instructions.

Is TSS a risk?

- There have only been about 3 cases of TSS ever connected with the use of a cup (not caused by). All note improper washing, use, and other factors not caused by the cup itself.

Can I use it if I've never used a tampon or can't?

- Yes. Many users tell us that they were unable to use tampons for a variety of reasons, but were able to successfully use a cup.

Can I trim the stem?

- Yes! We recommend giving it at least one full cycle to make sure that you can still easily reach the cup. If you decide to give it a trim, remove a little at a time until the stem is at a comfortable height, or removed entirely.

How do I manage it in public or at school?

- Because cups hold so much, you likely won't have to. If you do, and cannot wash your cup in a sink, empty the cup into the toilet, use a wipe or toilet paper to wipe the rim clean, and reinsert. Wash as usual when you are home or in a private setting.

Is it painful?

- A cup that fits you should never be painful or uncomfortable. If it is, try reinserting the cup to ensure a good position and fit.

Can I put it in before my period starts?

- Absolutely. Because the cup doesn't absorb fluid, it's perfectly safe to wear if you think your period may show up soon. Wash every 12hrs as normal.

Can I wear it if I'm a virgin?

- Yes. Your choice of menstrual protection has no bearing on your virginity. Cups are appropriate at any age, so long as you are comfortable with it.

Can I use a cup if I have endometriosis?

- Yes

Can I use a cup if I have an IUD?

- Yes, just be aware of your strings and always break the suction on the cup (as usual) while removing the cup. If your strings are too long, you can ask your doctor to trim them.

What size should I get?

- We have a quiz that can help (putacupinit.com/quiz) but for simplicity you may choose based on the capacity you need. Your vagina can more easily accommodate a cup that's a bit too large than it can create a seal on a cup that's too small.