

### STEP 1 Sterilization



Before you use for the first time and after every cycle, put My Period. Cup in a saucepan with boiling water for about 5-10 minutes to sterilize it.

*Make sure there is enough water so that Period. Cup doesn't touch the bottom of the saucepan.*

### STEP 2 Hand Wash



Wash your hands before you use the menstrual cup.

### STEP 3 Fold the Cup



Punch-down fold

C-Fold

There are two popular ways to fold the cup for an easy insertion. This is the Push Down fold and the C-Fold. Choose which one works best for you, fold the cup as shown in the pictures and hold it.

### STEP 4 Relax and Find a Position



It is important to relax so as to facilitate the insertion process.

Find a position that works best for you. You can either squat, sit on the toilet or stand with one leg on a chair or on the toilet. You can also use water or a water-based lubricant to make insertion easier.

### STEP 5 Insert



With one hand open the labia and with the other hand push the cup into the vagina and rotate it.

Once the entire cup is inside of you, remove your fingers and let it open up.

### STEP 6 Check



Feel around the base of the cup with your fingers and check if it has any folds. It should feel round or oval and you shouldn't feel it at all.

If it is not fully unfolded, try to rotate the cup or remove it and try again.

### STEP 7 Wear up to 12 hours



Up to 12h protection



Enjoy all your activities

My Period. Cup can be used for up to 12 hours. The cup is filled according to the flow of each girl as well as based on the day of the cycle. When you have a lot of blood and you feel that the cup is full you should empty it and put it back in before the 12 hours have passed.

### STEP 8 Wash your hands, Relax and Find a Position



Start by washing your hands and find a comfortable position for you. You can either squat, sit on the toilet or stand with one leg on a chair or on the toilet.

Relax as this is important to make the process easier.

### STEP 9 Remove



To remove, pull slightly on the stem until you can reach the base.

Grasp the base of the cup and press it using your index finger to unseal. Pull the base of the cup using your thumb and index finger until it comes out.

*Avoid removing your menstrual cup by pulling the stem as this might cause discomfort.*

### STEP 10 Empty and Wash



Empty your cup into the toilet and rinse it with water. You can also use a scent free, water based soap.

Remember to clean the air holes as well.

You can also use alcohol and fragrance free wet wipes.

### STEP 11 Reuse or Store



After washing your menstrual cup, you can re-insert it.

If your period has ended, sterilize the cup by boiling it for about 5 minutes in water.

Store your cup in its cotton bag that allows it to breathe.

### Sterilization using the sterilizing Cup



Unfold and open your Period. sterilizer and put the Period. Cup in it.

Fill the sterilizer with water until the top. Put the lid on and place the sterilizer in the microwave or in bain-marie.

Leave it for 5-10 minutes, let it cool and pour water out.