





theCup808



In 2024, these are methods used to manage periods around the world:





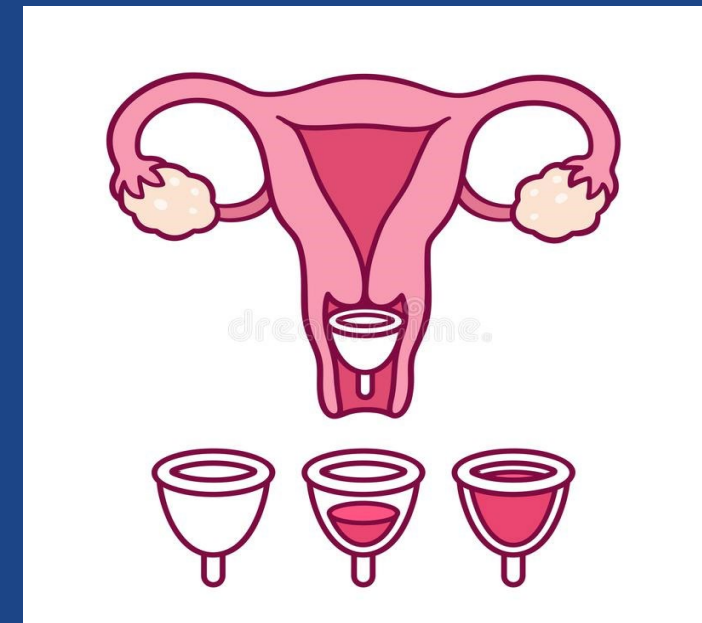
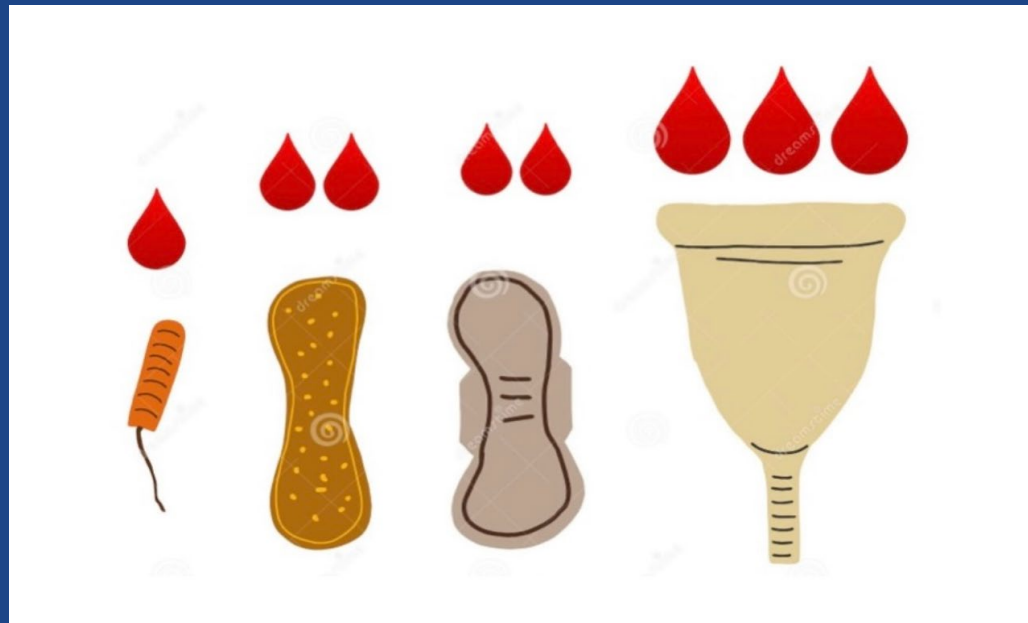
In 2024, these are methods used to manage periods around the world:



**and also
the
Menstrual
(*or period*)
Cup**



What is a Menstrual (or period) Cup ?



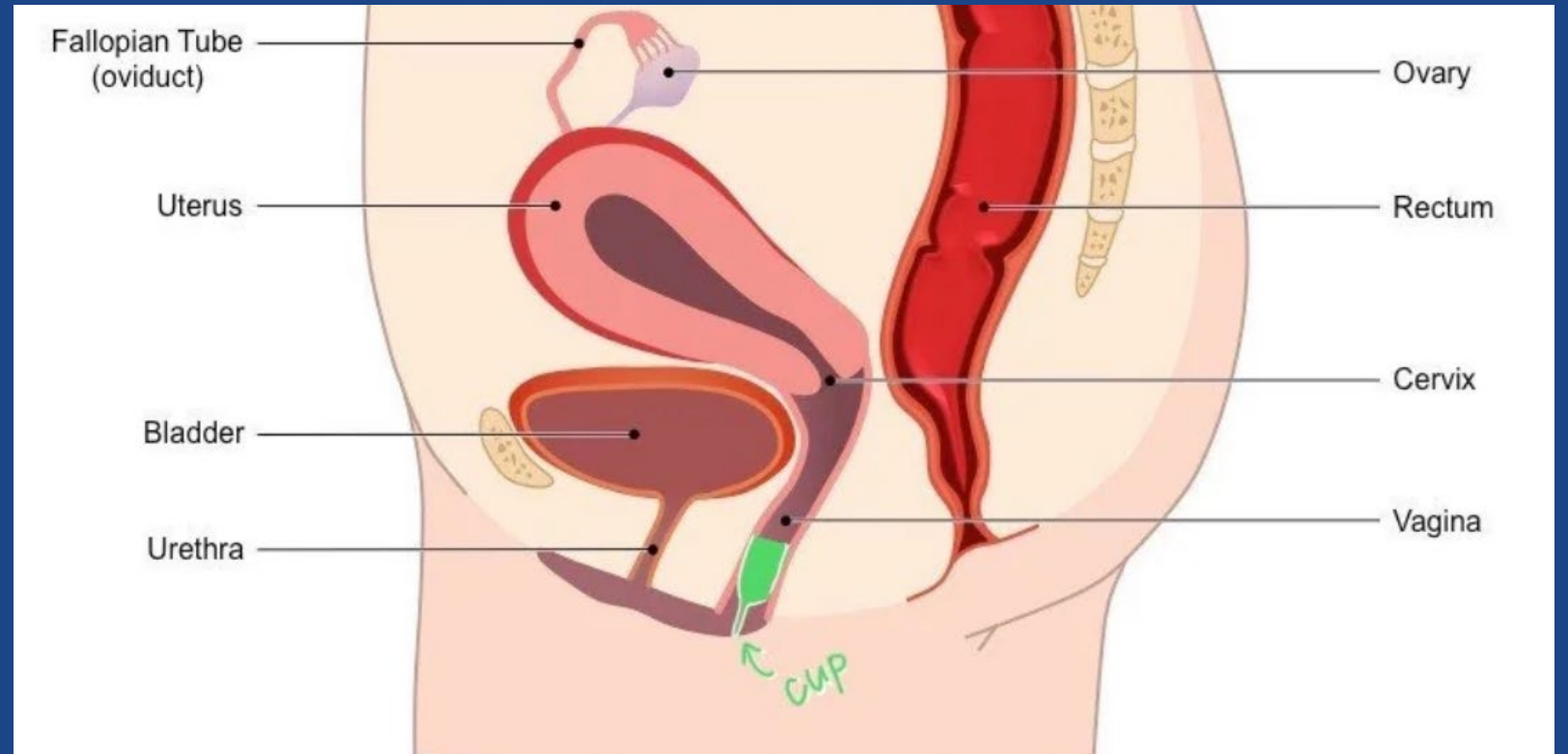
- A reusable bell-shaped cup that “collects” (not absorbs) menstrual fluids.
- Made of 100% medical grade silicon (biocompatible)
- Hugs the cervix to create a seal, preventing leakage.



The many brands, sizes, colors, and shape of menstrual cups include DivaCup (Canada), Mooncup (UK), MeLuna(Germany), and Lena (US). DivaCup, Lunette, Mooncup, The Keeper, and Lena, among others, are woman-owned. Many of these cup companies also strive to be "eco-friendly". With kind permission from putacupinit.com.

What is a Menstrual (or period) Cup ?

- The cup can be worn for up to 12 hours (even while sleeping) before removing and emptied. (For heavy flows the cup might need to be emptied more often.)
- Then reinsert. Repeat until end of menses.
- One cup can last up to 10 years (or longer.)



Cup Features:

FLEXIBLE RIM:

helps the cup pop open inside vagina

AIR HOLES:

must be kept clear - when the cup fills up with blood, the air-pressure inside the cup increases and is released through the holes. If the holes are clogged, the pressure cannot be released and blood finds another way to flow: >outside the cup. This also ensures the cup stays in place.

VOLUME LINES:

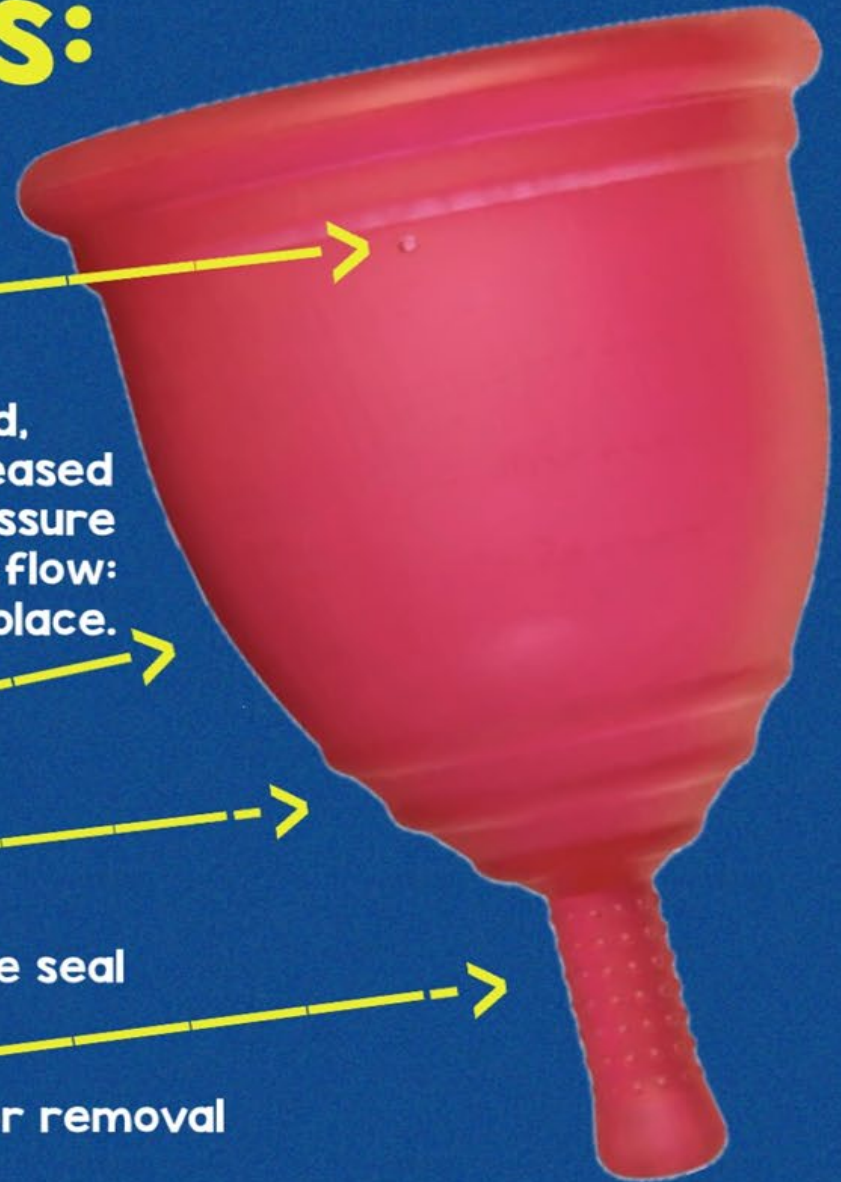
to measure collected fluids (not all cups have this)

BASE GRIP RINGS:

pinch the base grip when removing cup to break the seal

STEM:

use to slide cup in for insertion and to locate cup for removal



“ummm
How do I
get this
thing inside
my vagina ?”



Soon, it will become this easy - however, there is a "learning curve."



Few new cup users will experience success on their first attempt. Stop. Relax. Deep slow breathing. Try again. Maybe in the shower? Maybe in the middle of your period when you're more lubricated?



wikiHow



wikiHow

Wash your cup with a mild soap before using it the first time. Most companies will ask you to wash it before you put it in. Pick a fragrance-free soap labeled for sensitive skin. Thoroughly rub the cup inside and out with the soap and warm water, and then rinse the soap off completely.^[5]



wikiHow

Wash your hands thoroughly before touching the cup. Wash your hands any time you're using products around your vaginal area to avoid introducing bacteria. Use warm water and soap, making sure you scrub for at least 20 seconds before rinsing.^[4]



wikiHow

Squat or raise 1 leg up on the toilet. Some people prefer to squat, while others find balancing 1 leg up higher works well. You can even just sit on the toilet, spreading your legs apart.^[7]

- Set aside a little time to insert your cup the first time you do it. It may take some trial and error. You can even do it in a warm shower to help relax you.



wikiHow

Fold the cup to make it easier to insert. Hold the cup in 1 hand with the stem facing down and the bowl facing upwards. There are several different folds to choose from, and you can try them all out to see what you prefer. Folds include:^[8]

- The c-fold: Squeeze the opening of the cup together, then fold the opening in half.
- The 7-fold: Fold the cup in half, then pull down the right side to make a "7" shape.
- Punch-down fold: Hold the cup between your thumb and middle finger, then press one edge down with your index finger, pushing it in toward the center of the cup.



C or U



Punch Down



7



wikiHow

Relax your muscles as much as you can. Take a few deep breaths. If you're nervous, you'll tense up, and that will make it harder to insert. Try tensing your vaginal muscles for a moment and then releasing them.^[9]



wikiHow

Insert the cup into your vagina, angling it toward your tailbone. With your other hand, spread your labia (lips) apart. Gently press the folded cup into your vaginal opening, angling the cup toward your tailbone. Release the fold and let the cup move into place.^[10]

- Typically, the cup won't go as high as a tampon, though you can push it higher if you'd like. Some cups are made to go higher, so always read the directions for yours.
- If it doesn't feel right, try inserting it again to see if it feels more comfortable.^[11]



wikiHow

Twist the cup to make sure it seals. Grab the base of the cup by the sides (not the stem) and turn it at least 1 full rotation. This will help ensure that the sides pop out completely to create the seal.^[12]

- You may hear or feel a "pop," which is a sign that the cup has opened. If you're not sure, reach up and feel around the base of the cup. It will be round or oval, depending on your body shape.
- If it hasn't opened, pull lightly down on the stem without actually pulling the cup out.



wikiHow

- Check the cup to see if it's full every 8 to 12 hours. Most of the time, you can get away with leaving the cup in for 8 to 12 hours. That means you only have to empty it in the morning and at night, which you can do in the comfort of your home.^[14] ✓
- If you have a particularly heavy period, you may need to empty it more often.



wikiHow

Wash your hands. Just like when you insert the cup, you need to wash your hands thoroughly before removal, too. Take 20 seconds to wash your hands with soap and warm water to avoid introducing any bacteria into your vaginal area.^[13] ✓



wikiHow

- Sit on the toilet with your legs spread apart.** For most women, removing the cup is as easy as removing a tampon. Position yourself on the toilet with your legs spread so you can easily access your vaginal opening. For more comfort, you may want to bend your legs or lean forward.^[1] ✓
- If you can't remove the cup from this position, try squatting over the toilet slightly and leaning forward for better access.
 - As another option, you can lie back on your bed. Bend your knees and spread your legs. Then, insert your index finger into your vagina and hook your finger over the edge of the cup. Gently pull the cup out of your vagina, careful not to spill it.^[2]



Insert your thumb and index finger and pinch the base of the stem. The stem is the long, thin plastic piece at the base of the cup. Follow the stem up to the base of the cup, and grasp the base firmly with your finger and thumb to break the seal. Make sure you have a good grip on the cup before proceeding. [3] ✓

- If you've cut the stem to make the cup more comfortable, it may be difficult to find with your fingers at first. Try shifting your position and moving your forefinger to find it.

Warning: Avoid pulling or tugging on the stem, which can cause the cup to gain suction and make removal more difficult.



Pull gently downward to remove the cup. Use the base of the cup to pull downward toward your vaginal opening. As the cup begins to come out, reposition your fingers to get a better grip and to prevent any spillage. If the cup seems to be stuck, press around the outer edge with your index finger to loosen the seal further. [4] ✓

- Take your time as you remove the cup. Pulling too quickly can cause the cup to re-suction or might lead to a spill.
- Don't worry if you can't get it out on your first try! It can't get "lost" in your vagina; your vagina doesn't work that way. Take a moment, relax, and then try again.



Empty your menstrual cup into the toilet or a drain. Simply pour out the fluids. If you're dumping it into a drain, it's best to do so while the water is running. [3]

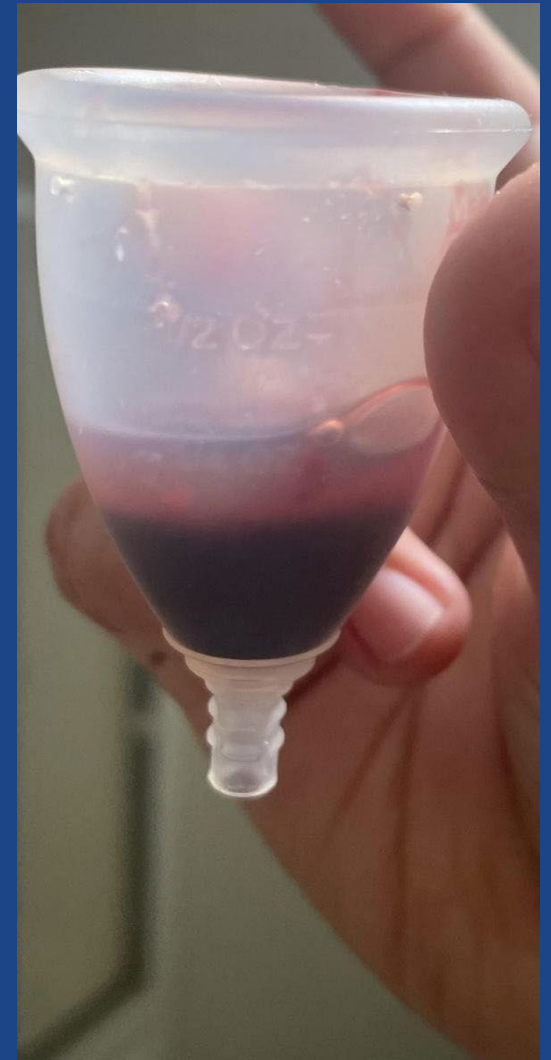
- Aside from your toilet, a sink or your shower are the best places to empty your cup. If you're in the shower, it's easy to empty the cup, wash it, and then reinsert it.



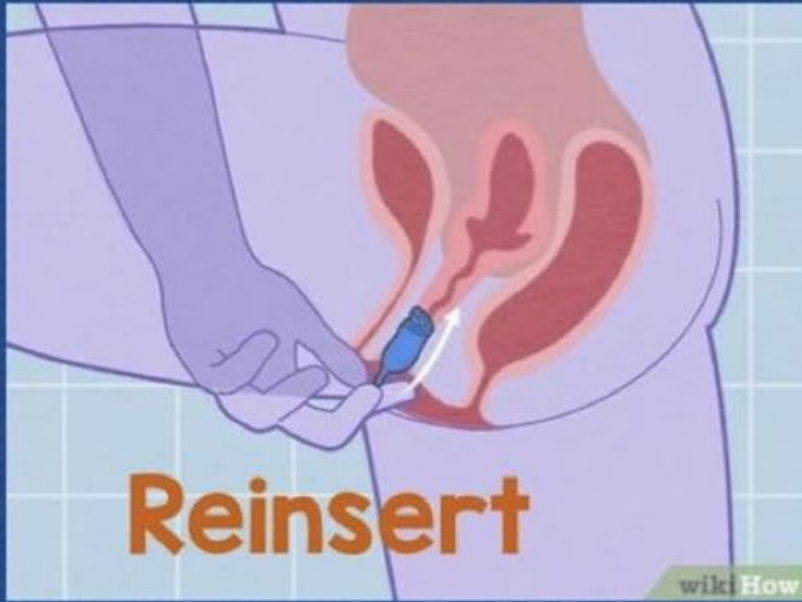
**- breathe.
you did it!**



Clear liquid discharge can be a normal occurrence —----> Discharge helps to flush out old cells and bacteria to prevent infection. It can also be a sign of fertility.



Is this normal? Blood on the bottom of menstrual cup. Hey...



At the end of your cycle you must either handwash and rinse your cup thoroughly or boil your cup per instructions on the next slide. The 4 holes under the rim must always be open. A toothbrush can help. Then dry your cup and store it in a dry, clean, breathable, cotton bag.



Scrub your menstrual cup with a soft toothbrush to remove any debris. Pay special attention to any grooves, indentions, and rims on your menstrual cup. It's best to scrub the cup under flowing warm water so that any debris washes away.



Wash the menstrual cup with warm water and mild, unscented soap. Rinse the cup under running water, then apply the unscented soap. Thoroughly rinse the cup again until all of the soap is gone.^[6]

- It's important to only use unscented soap, as fragrances can irritate your skin or cause a yeast infection.^[7]



Store your cup in a clean, dry location until its next use. It's best to keep your cup in a breathable container, such as a cotton pouch. If you



Sterilize silicone or rubber reusable cups between periods by boiling them. Wash the cup out with soap and water. Then, bring water to a boil in a small pan. Place it in the pan, and boil it for 2 to 3 minutes to sanitize it. Keep a separate pan just for this purpose.^[20]

- Bacteria can grow on your cup if you don't clean it properly. Make sure you always soak and scrub your cup at least once a cycle, such as before storing your cup for next month.



Store your cup in a clean, dry location until its next use. It's best to keep your cup in a breathable container, such as a cotton pouch. If you

It's important to never store your cup in a plastic bag or airtight container, as this could create a breeding ground for bacteria. Placing your cup in direct sunlight can also sterilize it.

Imani's Period Diary

Below is an example of Imani's period diary: Imani started tracking her period in December. She uses a period emoji 🩸 to mark the days that she is on her period.

From the example, you can tell that Imani's menstrual cycle is 29 days (from 6th January to 3rd February) and her menstrual flow is 5 days (from 6th January to 10th January.)

	Jan	Feb	Mar	Apr	May	Jun
1		27		🩸	🩸	🩸
2		28	🩸	🩸	🩸	
3		29	🩸	🩸		
4			🩸	🩸		
5			🩸			
6	🩸	1	🩸			
7	🩸	2	🩸			
8	🩸	3	🩸			
9	🩸	4				
10	🩸	5				
11	6					
12	7					
13	8					
14	9					
15	10					
16	11					
17	12					
18	13					
19	14					
20	15					
21	16					
22	17					
23	18					
24	19					
25	20					🩸
26	21					🩸
27	22					🩸
28	23				🩸	🩸
29	24			🩸	🩸	🩸
30	25			🩸	🩸	
31	26		🩸		🩸	

Common Signs Before My Period

- Headaches
- Abdominal Pain
- Acne
- Bloating/weight gain
- Fatigue
- Soreness of breasts
- Back pain
- Moody

Everyone experiences their period differently. If you experience other symptoms that are not on this list, that's okay. Take note of them.

Notice a Pattern?

Be on the lookout for regular or irregular patterns in your menstrual cycle. Does your period start after a certain number of days, a specific day of each month, or the same week each month?

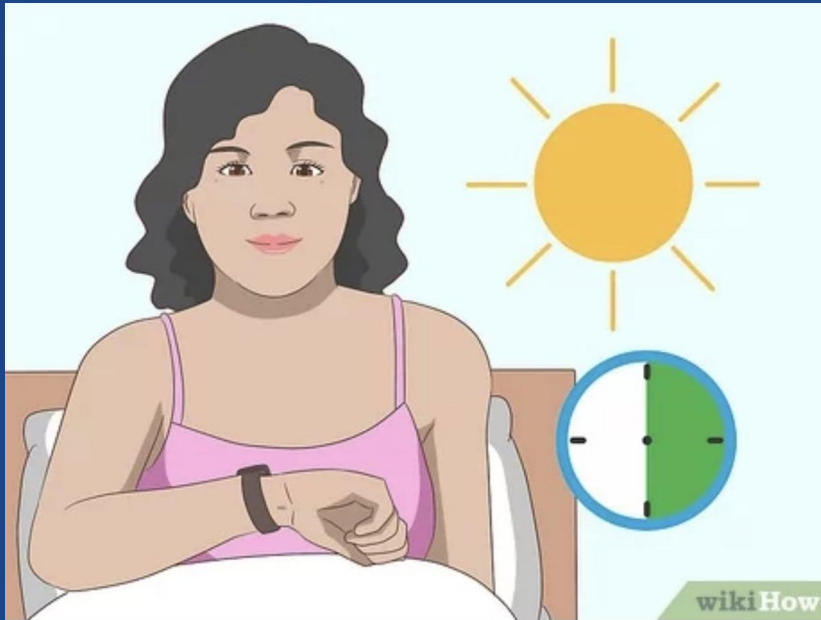
If your period has a regular pattern, you can predict when it will start next. If you do not notice any pattern in your period, you have an irregular period, which is normal.

Create Your Own Diary

After tracking your period for a year using this diary, you can print or create your own as instructed below.

- Using a pen and notebook, draw a table similar to the one here
- Customize the diary to your liking
- Teach your friends how to create and track their own

What if my cup gets stuck?



Wait at least 30 minutes after you wake up to try to remove your cup. Sometimes, the cup will settle higher in your vaginal cavity, especially after laying down. Leave the cup in for about half an hour after you wake up, and then try to remove it.^[7]

- You may need to move around a bit to help gravity shift the cup down. Try walking around or doing some stretches to loosen it.



Lay down to remove the cup if possible.

Position yourself on your back with a towel under your body to catch any spills. Support your lower back with a pillow if necessary, and spread your legs as much as possible for access to your vaginal opening.^[8]

- It may be helpful to bend your knees up toward your chest to try to shift the cup down toward your vaginal opening.



Keep your muscles relaxed as much as possible. The more anxious you get, the tighter your muscles will hold on to the cup. Once you've broken the seal most of the way and are ready to pull the cup out, take a moment to calm yourself with a few deep breaths. Keep in mind that the cup will come out eventually.^[10]

- There's no way for the cup to get "lost" inside of you, but it can suction in the wrong position and make you feel uncomfortable

Size matters.



Small:
recommended
for teens who
have not given
birth (vaginal)
and/or have
light periods

Medium:
for 20 to 30
years old, and
have not given
birth (vaginal)

Large:
for those
who have
given birth
(vaginal)
and/or have
heavy periods

Cervical Length

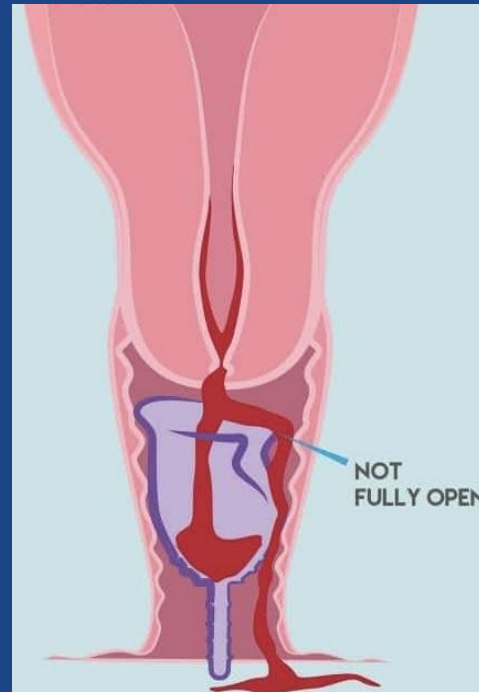
Locate your cervix with your finger tip. It should feel like the tip of your nose.

Pro Tip: Wash your hands thoroughly, and use a water based lubricant if needed.



Why is my cup leaking?

If the cup is inserted incorrectly preventing it from opening fully, it will leak. The cup ring should be fully open and hugging the cervix, creating a seal. Twist or rotate it to ensure the seal is snug. Or pinch the base sides to open it.



How can i tell if my cup is full?

Some people feel added weight, or feel a bubbling sensation, or some leakage. Some people feel pressure or



Can i trim the stem?

For those with a low cervix, or if the stem bothers you, trim it. OR simply turn your cup inside out.

Only cut:

Up to ¼ inch of the cup stem.



TRIMMING THE STEM OF YOUR CUP



Once the cup is completely inside,



let the cup pop open to create a seal
between the cup and your vaginal walls.

IMPORTANT INFORMATION

- **The Menstrual Cup does NOT/ will NOT prevent pregnancy**
 - **DO Not share your cup with anyone...it is yours only.**
 - **Always ensure you have rinsed all soap completely off your cup before insertion. Soap residue can irritate your vagina.**
 - **Do Not use soaps that are: scented, oil-based, antibacterial, or detergent**
 - **Your healthy vaginal pH (microbiome) and natural vaginal fluids are not affected as your cup “collects” blood and does not “absorb blood.”**
 - **If you are a virgin, know that using the cup does not affect your virginity.**
 - **No need to remove the cup when urinating or before a bowel movement.**
 - **Remove your cup before any type of sexual activity.**
 - **Do not use the cup while pregnant or immediately after giving birth.**
- Wait at least 8 weeks.**

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Enjoy these VIDEOS

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Bengaluru, India
July 16, 2024

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Karnataka State Deputy
Director, Ministry of
Public Health

Deborah Quigley with Menstrual Cup Manufacturers in India

“I’m here to support you!”

theCup808@gmail.com



Deborah Quigley, Honolulu, Hawaii, USA
1 (808) 778.3080 text, call, WhatsApp

Why Cup Users Love Their Cup:



Body Safe: 100% medical-grade silicone, toxin-free, chemical-free (unlike pads/tampons)

Longer Wear Time: Can be worn for up to 12 hours depending on light or heavy period

Comfort: Pliable, conforming to your unique anatomy, warming to your body temperature

Cost Effective: One cup is reusable for up to 10 yrs saving every user the monthly expense

Eco Friendly: 10 year longevity, plastic-free, reduces waste (vs 3,500 pads with packaging)

Leak Protection: The right cup size forms a leak-proof seal with the cervix

Reduced Odor: No vaginal odor: the cup “collects” blood internally (no exposure to oxygen)

Less Irritation: No disruption to vaginal pH balance, no dryness (reduces risk of infection)