



## Congratulations on your OrganiCup. Now the success is up to you!

Millions of women have already changed to menstrual cups, but as it often is with something new, there may be a few initial issues. We kindly ask, that you bare with your possible temporary frustrations. When you first have become familiar with using the OrganiCup, it's most likely that you will

never go back to tampons or menstrual pads!

Below are 3 good tips for the first timer:

### 1. Make sure OrganiCup has folded out completely

It's important that the OrganiCup folds out completely, as it otherwise can result in leakage. After insertion, you give the base a pinch and rotate the cup 360 degrees. As an extra precaution you can slide your finger around the rim of the cup, to check that is has folded out.

### 2. Practice before your menstruation

Practice inserting and removing your OrganiCup before your period. Many also use their OrganiCup the days before their period to have protection right from the start.

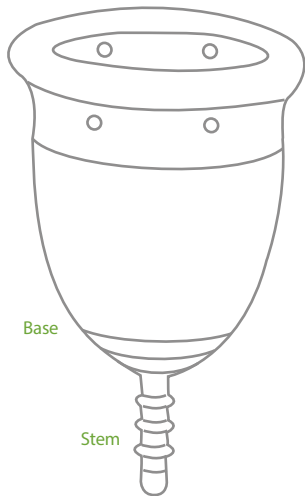
### 3. Combine with a pad in the beginning

Some choose to wear a pad the first time they use OrganiCup to feel completely secure. This is also a good idea while you learn how often you will have to empty your OrganiCup.

Rim

Base

Stem



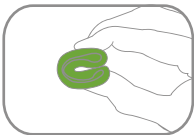
## INSERTION



1. Each month before the first use, sterilise the cup in a pan of boiling water for 5 minutes.

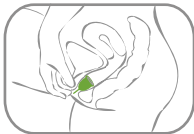


2. Always wash your hands before handling the cup.



3. Fold the cup as shown.

**Tip:** To make insertion easier, lubricate the cup with water or water-based gel. NEVER use silicone-based gel.



4. Insert the folded cup. It may fold out before it's completely inserted, but just continue until the stem does not protrude (You can trim the stem if required).

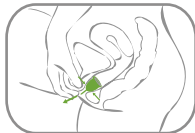
## REMOVAL



1. Don't have OrganiCup inserted for more than 12 hours at a time without emptying it. How often you have to empty it depends on your menstrual flow.



2. Always wash your hands before handling the cup.



3. To remove, pull the stem while using your stomach muscles to push OrganiCup downwards until you can reach the base. Gently squeeze the base to release the suction/vacuum and pull OrganiCup out.



4. Empty the contents into the toilet, rinse the cup (remember the air holes) and re-insert. If you don't have access to water, you may use toilet paper to clean it, and wash the cup when possible.

## NEED MORE HELP?

Watch our how-to video, read our FAQ and get more instructions - all on [www.organiccup.eu](http://www.organiccup.eu)

You can also contact us at:



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