

We are glad that you have chosen Yuuki, the menstrual cup. Your Yuuki is made from medical silicone, and its shape ensures comfortable use.

If you don't have any experience with menstrual cups, you may have a little difficulty the first few times you use your Yuuki. Do not worry. It takes just a little practise to used to Yuuki.

Before you begin to use your Yuuki, read these instruction carefully.

BEFORE INSERTION

After using Yuuki for the first few times the stem of the cup can be cut for better comfort and fit. You can cut the stem to the desired length. Be careful when cutting the stem so that you do not damage the cup itself. Before each menstrual period, boil your Yuuki for at least five minutes. This removes bacteria. Be sure you have enough water the cup has to be completely immersed in boiling water. Without sufficient water, the cup can be damaged.

CUP INSERTION

Before insertion, wash your hands. Next fold the cup as show nand find comfortable position to insert it. We recommend a deep knee-bend to insert it. Insert the cup into the vagina so that the end of the stem of the cup is



about one centimeter from the entrance to the vagina. After insertion, the cup has to expand completely to make a seal against the vagina wall. If this does not happen, do not worry. Just grab the stem and try to turn the cup slightly. Another method is to circle around the cup with your finger. If you have a problem during insertion because the cup is too dry, put it in water first, or use the lubricating gel.

If there are leaks when you first use your Yuuki, means that the cup did not seal against the vagina wall completely. This situation is normal. Proper use is just a matter of practice inserting and using the cup.

CUP REMOVAL

Each woman has different strengths of her menstrual period. So cup removal and discharge are not always the same. The normal time for removal is after 4 to 8 hours. Remove the cup in the same knee-bend position as insertion. Grab the bottom of the stem, pinch it slightly so that the pressure from expansion releases, and slowly remove the cup. To make it easier to remove, contract your vagina muscles. Empty the cup, wash it, and you can insert it again. If you wash it with soap, use only a mild soap. Sometimes you do not have access to water. In this case take a small bottle of water with you to the toilet. Or you can clean the cup with toilet or facial tissue. Just make sure that no paper is left in or on the cup.

CUP CLEARING

Taking care of your Yuuki is not difficult. Just keep the cup clean and leave it in the original package, or in a well ventilated, dry place. Do not store the cup sealed without air, such as in a plastic bag. Before each use check to see that the holes in the cup are not blocked. There are 4 of them, and they help release pressure. You can clean the holes using a pin, but be careful not to damage cup.

PROBLEMS SOLVING

If a health problem arises during your menstrual period, contact your doctor. Additional information about your Yuuki is on our web site, www.yuuki.cz

We trust you will be completely satisfied with your Yuuki menstrual cup.

YUUKI

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