

INTIMINA™

Lily Cup™ Line

USER MANUAL





Lily Cup™



Lily Cup™ *Compact*



Lily Cup™ *One*

Thank you for choosing the Lily Cup™. Please take a moment to read this user manual prior to using your cup or for a full overview of this product, visit www.intimina.com

Lily Cup™ Compact features a collapsible design; making it easier to carry with you so your period starting never has to be an emergency again!

Lily Cup™ is an ultra-soft, reusable menstrual cup made of medical-grade silicone that offers you the safest protection during your period.

Lily Cup™ One is designed specially for beginners and features a unique, easy-insert design and removal loop to make periods a breeze from start to finish.

Lily Cups are reusable receptacles that are inserted into the vagina to collect menstrual fluid. The information and advice contained in this manual is not meant to be offered as medical advice. If you have any gynecological or medical concerns, we advise you to consult your medical practitioner prior to using the Lily Cup™.

No-spill rim

Easy-insert spine

Ultra-soft,
medical-grade
silicone

Base of the cup

Easy-grip stem



If you find that Lily Cup™ is too long for you, you can safely trim the stem down to just below the 3rd ring - leaving 1 grip ring on the cup.

Secure-hold rim

Air-release holes

Ultra-soft,
medical-grade
silicone

Base of the cup

Easy-grip stem



If you find that Lily Cup™ Compact is too long for you, you can safely trim the stem to below the 3rd ring - leaving 2 grip rings on the cup.

Leak-proof double rim

Air-release holes

Ultra-soft,
medical-grade
silicone

Base of the cup

Easy removal
loop stem



If you find that Lily Cup™ One is too long for you, you can safely trim the loop for a shorter tab stem.

Getting started

Learning to use your Lily Cup™ will take some practice at first, but with repeated use it will become easier and more comfortable. It is important to thoroughly clean your Lily Cup™ before and after each use (for details see section 'Cleaning and care' on p15).



Thoroughly wash your hands with soap and water before using your Lily Cup™.



Before first use, fully submerge your Lily Cup™ in boiling water for 5 to 8 minutes.

How to fold

Option 1 (For Lily Cup™, Lily Cup™ Compact, and Lily Cup™ One)



1. Hold your cup upright with the tall rim facing away from you.



2. Use your right index finger to push the lower rim down.



3. Firmly hold the body of your cup.



4. Insert the pointed end first.

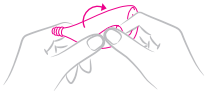
Option 2 (For Lily Cup™ only)



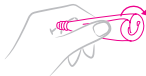
1. Hold the base of your cup.



2. Flatten the opening with the tall rim facing away from you.



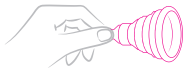
3. Tightly roll your cup upwards.



Roll into the size of a tampon

4. Hold firmly before inserting.

Option 3 (For Lily Cup™ Compact and Lily Cup™ One)



1. Hold the base of your cup.



2. Flatten the opening.



3. Fold in half.

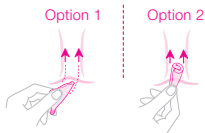


4. Hold firmly before inserting.

When selecting a folding technique, keep in mind that each body is different. Choose the insertion option that is the most comfortable and effective for you.

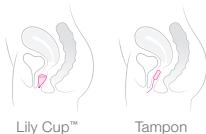
How to insert

Sit in a slight squatting position and relax your vaginal muscles. If necessary, apply some water-based lubricant to the vaginal opening for added comfort.



As you would with a tampon, angle your cup towards your tailbone and insert it upwards until the stem is inside. On the Lily Cup™ the tall rim of the cup should be situated towards your back.

The Lily Cup™ is held in a lower position than a tampon. The end of the stem should sit approximately 1.5 cm (0.6 in.) above your vaginal opening.



Avoiding leaks

No matter your folding technique, it is extremely important to make sure that the top of your cup completely opens once you have inserted it. Gently squeeze the base of the cup (not the stem) to open it inside your body.

In order to avoid spotting, be sure to form a seal between your body and your Lily Cup™.

There are many ways to ensure that a seal is formed:

- Rotate the cup slightly left and right
- Wiggle the cup up and down, back and forth
- Run your finger around the cup to confirm it's open
- Lightly pull down on the cup. If it doesn't move, the seal is formed

How to remove and empty

You can wear your Lily Cup, Lily Cup Compact or Lily Cup One for up to 8 hours, and we recommend that you empty your cup 3-4 times per 24 hour period - or more frequently for heavier flows. Depending on your menstrual flow, you will become more familiar with how often you personally need to empty your cup.

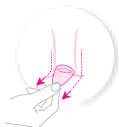
To remove, wash your hands and sit in a slight squatting position, i.e. over the toilet.



Relax your body and use your vaginal muscles to gently push the cup down and grip the stem to slowly pull downwards.



Once you can feel the base of the cup softly squeeze the base to release the seal. If you have difficulty releasing the seal, gently shift the cup from side to side.



Gently pull the stem downwards and when you feel that the base is almost out, angle it slightly to avoid any spilling.

Discard your menstrual fluid into the toilet, wash your cup thoroughly, and reinsert. If it is not possible to clean your cup, you may reinsert it without washing as long as your hands are clean.

What should you do if you have difficulty removing your Lily Cup™?

Remain calm if you cannot remove your cup—it is common to have a little initial difficulty with removal. In a slight squatting position, use a series of gentle, downward pushes with your vaginal muscles to move the cup lower. Follow the removal instructions and relax your body as it will help to ease the process.

If you have any further concerns always contact your medical practitioner.

How to choose your size

How do you know your correct Lily Cup™ size?

Since a woman's body undergoes many changes during life, the Lily Cup™ is available in two different sizes (except for Lily Cup™ One which is available in one size). The Lily Cup™ is designed for maximum comfort and should not be felt when worn. If you feel any discomfort, you may need to change your size.

Change your size if:

- You are using a size A and feel that your cup is not securely collecting your menstrual flow and/or experience continual spotting, then change to size B.
- You are using a size B and find it difficult to insert and/or feel any discomfort during use, then change to size A.
- If you find Lily Cup™ a bit long you may find Lily Cup™ Compact a better fit for you.

Size guide

Lily Cup™

Lily Cup™ *Compact*

Lily Cup™ *One*

Size A

- I have not given birth
- I have given birth by Caesarean



Size B

- I have given birth naturally
- I have a weaker pelvic floor



One Size

- Perfect for beginners



Cleaning and care

Cleaning and storing your Lily Cup™ properly will ensure that it lasts for a number of years. Replace your cup if you notice any cuts, punctures, or a sticky/oily film forming on the silicone. Slight discoloration is normal and may occur over time. This will not affect the function or safety of the Lily Cup™.

First Use	Fully submerge your Lily Cup™ in boiling water for 5 to 8 minutes. Do not boil dry.
Regular Use	Wash your Lily Cup™ before and after each use with either mild soap and hot water or a purpose made cleaner. Rinse thoroughly to remove any soap or cleaner residue as this may later cause irritation. For a more thorough cleaning, boil your cup as frequently as you like. If you have no access to water (in a public bathroom) just empty, wipe your cup out with tissue and reinsert. You can wash it at the next convenient time.

Storage

We recommend storing your Lily Cup™ in the provided anti-bacterial storage pouch or protective case.

Caution: Please do not use vinegar, harsh cleaners, petroleum based substances, tea tree oil, alcohol, or bleach to clean your Lily Cup™. If you have any questions about cleaners to avoid please contact customercare@intimina.com

Toxic Shock Syndrome

TSS is a rare but serious disease that may be fatal and has been linked to high absorbency and prolonged use of tampons. Symptoms can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, and a rash like sunburn. If you have any of these signs while using Lily Cup™, remove it and contact your doctor immediately. Women who have experienced toxic shock syndrome should not use any form of internal protection, including menstrual cups. Lily Cup™ is intended for use during menstruation only. Make sure to clean your hands and your cup thoroughly before and after each use, with warm water and soap.

Warnings and recommendations

- Lily Cup™ is not a contraceptive and will not prevent against pregnancy and/or Sexually Transmitted Diseases. Remove your Lily Cup™ prior to intercourse.
- Discontinue use and contact a medical practitioner if you experience any pain or discomfort while using Lily Cup Cup™.
- Do not use Lily Cup™ if you have had TSS in the past.
- It's recommended that the insertion time does not exceed 8 hours.
- Lily Cup™ does not need to be removed for urination or bowel movement.
- Lily Cup™ should only be used during menstruation.
- Keep out of reach of children and animals.
- Do not expose your Lily Cup™ to open flames.

If you have any further questions or concerns, and wish to find out more information about Intimina products, please visit www.intimina.com or send an email directly to customercare@intimina.com

Disclaimer: Users of the Lily Cup™ do so at their own risk. Neither Intimina nor its retailers assume any responsibility or liability for the use of the Lily Cup™.

Model may be changed for improvements without notice.

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