

HOW TO USE A MENSTRUAL CUP



STEP 1: INSERTION

Before using your AllMatters cup for the first time sanitise it in boiling water for 3-5 minutes.

WASH

Before inserting your cup, wash your hands using clean water and a mild soap.

FOLD

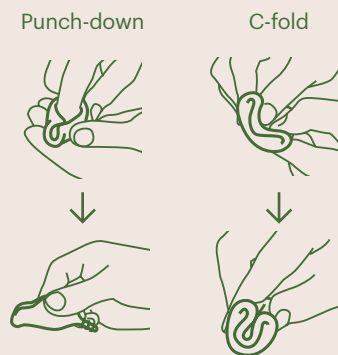
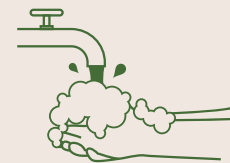
Fold the cup. To the left are shown two folding methods: the Punch-down and the C-fold. Choose the one that works best for you. When inserting, keep the cup folded until it is inside your vagina – you might need to practice this step a few times.

RELAX

It's important to relax when inserting your cup, so find a comfortable position. You can squat, sit on the toilet or simply stand up. You'll find the position that works best for you over time!

INSERT

Once the entire cup is inside of you, remove your fingers and let it unfold. Sometimes a "pop" or suction sound can be heard, which means that the cup has folded out completely. If you're in doubt, try feeling around the base of the cup – it should be round or oval once inserted.



ROTATE

If you feel any dents or folds around the cup's base and are not sure the suction seal has been created, then gently grip the base (not the stem) and rotate the cup to make it unfold. Once it is in place, try pulling the stem a bit – if you feel resistance, the suction seal has been created and the cup has been inserted correctly!



STEP 2: WEAR

You can use the AllMatters cup for up to 12 hours at a time, so once inserted you can leave your cup in all day – also at night. If you have a heavy flow, you might have to empty it more often. By using your AllMatters cup, you will soon get to know your flow and how often you need to empty the cup.

The AllMatters cup can contain the same as 2-3 super tampons. Because the cup collects your flow rather than absorbing it, you might be surprised about how little you actually bleed. Until you get the hang of it you can wear a pantyliner, so you don't have to worry about leaking.

STEM

If you can feel the stem after using the cup for 2-3 cycles and find it uncomfortable, you can cut it shorter. Do not cut the stem while the menstrual cup is inserted!



STEP 3: REMOVAL

WASH

Wash your hands using clean water and a mild soap.

RELAX

Relaxing your muscles is essential for an easy removal of the cup. Find a comfortable position that works for you: squat, sit on the toilet or stand up.

REMOVE

When removing your cup, pull slightly on the stem until you can reach the cup's base. Give the base a gentle pinch to release the suction seal and ease it out.

EMPTY AND RINSE

Empty the collected flow in the toilet or sink and rinse the cup with water (remember the air holes) and re-insert. If you don't have access to water, you can use a sanitising wipe or toilet paper to clean your cup and rinse it with water at a later time.

RE-INSERT OR STORE

When your menstrual cup is clean, re-insert it as outlined in Step 1. If your cycle is over: boil your cup in water for 3-5 minutes to sanitise it and store in the cotton bag.

