



Congratulations!

You are joining a new generation of empowered women around the world who are choosing the menstrual cup!

Your monthly period does not have to be a source of discomfort or shame. With good care of the cup, you'll be able to use it for 10 years or longer.

Walk, run, dance free!

How to Insert

1. Make sure your hands are clean. Wash hands with soap and water. If there is no sink nearby, you can also rinse with drinking water.

If it's your first day and you are taking it out of the storage bag, rinse out cup with clean water.



2. Get into a comfortable position. (sit, squat, kneel or stand with one leg up)
3. Fold the cup in one of these ways.



C-Fold

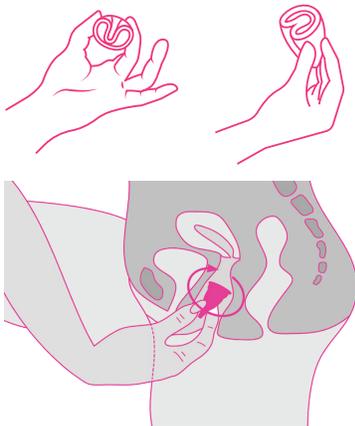


Punch-Down



Seven Fold

4. Once folded, guide the cup into vagina with the opening pointed up towards your back.



5. Wash hands with soap and water when you're finished.

How to Remove and Empty Cup Between Uses

The cup can remain in your body for **up to 12 hours** - if you bleed heavier you might need to empty it more frequently. You won't need water.

With clean hands, simply pull down on the "tail" of the cup. You will hear a little suction noise as it comes out. *(add illustration here)*

If you are near a sink, you can rinse out cup and re-insert.

DO NOT use soap.

If you are WITHOUT WATER, no problem... simply take out the cup, dump it, and put it back in. The cup is made from a very safe material, which does not let bacteria grow. There is no need to wash your CouldYou? cup each time you empty it as the vagina has its own self-cleansing system. **Only rinse it if you have clean water. Do not use soap to clean your cup because it will cause irritation inside your vagina.**

Wash hands with soap and water when you're finished.

How to Clean and Store

Once your period is over, simply take the cup and submerge it in boiling water for 5-7 minutes. Do not let the water boil dry, as the pan will burn the cup.



Remove it from the water and it will dry instantly.

Place the cup in the cotton storage bag (which allows it to breathe) and keep it there until you need it next month.

Warning: Do not store in a plastic bag where mold or mildew can form. Do not leave your cup out where bugs, rodents, or other things could contaminate it. Keep it in a safe place where no one can take it from you.

Frequently Asked Questions

How long can I wear the cup?

Up to 12 hours.

Will I still be a virgin if I use the cup?

YES! Virgins may absolutely use the cup. Girls are virgins until they have sex.

Will the cup affect my hymen?

The hymen is a thin membrane at the entrance of the vagina. When a girl reaches puberty the hymen becomes more elastic. It is safe to use the CouldYou? cup for girls whose hymen is still intact as the hymen has spaces that allow menstrual blood to flow through. The hymen can be broken in childhood, from a fall, while playing sports or activities, and with sexual intercourse. A broken hymen does not mean a girl is no longer a virgin; a girl stops being a virgin when she has sex.

Can I use it in a latrine? What if there are no sinks near me?

No problem! Empty the cup carefully in the latrine, taking care not to drop it on the floor, then immediately reinsert. It is safe to reinsert without washing and reduces the risk of dropping it or getting it dirty. Wash your hands after reinserting.

What do I do if I drop my cup?

If the cup falls on a clean surface, it can be rinsed with clean water and reinserted. If it falls onto a dirty floor or latrine it must not be used again until it has been boiled to kill any bacteria.

What if the long tail of the cup is uncomfortable?

The CouldYou? cups are made with a long tail to make it easier to remove. If it is uncomfortable or sticking out too much, you can cut the tail using scissors or a knife. Cut only a little bit to see if this makes it more comfortable to wear but long enough to pull out the cup.

I have really heavy periods, can the cup handle this?

Yes. The cup can collect up to three times more menstrual blood than sanitary pads and 5 times as much as tampons. During the first months of use, empty the cup every three to four hours to get familiar with your flow. Leaking can occur if you have a heavy period so you might need to empty it more frequently. With continued use, you will get to know your body and how often you need to empty the cup.

Is it ok to use the cup with a light flow?

Yes. The cup is perfect for light flow, as it collects without drying the vaginal walls. This means that removal will be less frequent than during the heavy days of your period. It is safe to keep the menstrual cup in for up to 12 hours.

Is it safe to wear the cup at night?

Yes. The cup is safe to wear at night. Make sure it is empty before going to bed and then empty it when you wake up.

Can the cup cause vaginal infections?

No. The vagina has protective secretions that maintain the correct balance (Ph) and also help prevent infections. Cups do not absorb these secretions, so the vagina remains healthy during your periods. Using soap on the cup can upset the Ph balance of your vagina, so use only water.

What is toxic shock syndrome (TSS)?

When sanitary tampons have been left inside the vagina too long, a very small number of females became ill with TSS. This illness causes high fever, flu-like symptoms, dizziness, and can rapidly lead to severe illness, coma, and sometimes death. Toxic shock has not been reported with cups alone but has occurred with an intra-uterine device (IUD) for birth control, so do not use together. If you have suffered from TSS previously, it is recommended not to use any internal form of sanitary protection, including the cup.

Do you need to remove the cup before doing other things?

The cup stays inside when you urinate or defecate; as urine and feces come from different openings. The cup stays inside when you play sports or swim. If a girl wants to have sex, she must remove the cup first. The cup will not protect against pregnancy or a sexually transmitted infection. **Do not use an IUD (intra-uterine device for birth control) when using the cup.**

Can the cup get lost inside me?

No, the cup can NOT get lost! You can use your own vaginal muscles to help lower the CouldYou? cup. Make small downward pushes with your vaginal muscles until the cup shifts and you can reach it. Relax, take your time, and your vaginal muscles will relax making it easier to remove.

What else should you watch out for?

An allergy to the material that is used to make cups (silicone) is very rare. If you experience pain, burning, irritation, inflammation in the genital area, or discomfort during urination, remove the cup and contact a healthcare professional immediately.

Remember!

- It takes a little while to get used to using your cup. It may take 3 cycles to master it so don't give up too soon!
- Always wash your hands before and after emptying the cup
- Stop using the cup and contact a nurse or doctor if you experience general pain, burning, irritation or inflammation in the genital area or discomfort during urination
- Never share your cup with another person
- You should not leave your cup inside your vagina after your period ends
- The cup does not protect against pregnancy
- The cup does not protect against sexually transmitted infections

For a video on how to insert the CouldYou? cup go to www.couldyou.org

