



MENARCHE

MENSTRUAL CUP

User Manual

IF IT'S YOUR FIRST ATTEMPT

Take a deep breath...and relax. It's much easier to insert a menstrual cup when you are relaxed.

Most women need a few tries before they can comfortably and easily insert a cup. It is absolutely fine, if you need more than one trial. Select a low or medium flow day when using a cup for the first time.

If you feel it is impossible to insert the Cup too far, do not worry. If you find that after insertion, the cup is causing you discomfort, particularly while sitting down, it means that the cup has not been properly inserted. It is stuck in the first portion of the vagina which is quite slender and relatively sensitive. All you have to do is to adjust further; you'll not feel it at all when it is properly inserted.

Stay Calm! After a few attempts you will be comfortable with organic Menarche Menstrual cup.

We assure you **"CHANGE IS GOOD"**

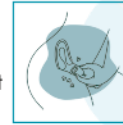
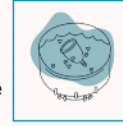
How to use ?

Boil the menstrual cup for 5-10 minutes and wash your hands before use!

Create a U shape by pressing the sides of the Menarche cup between your fingers.

Get in a sitting or squatting position and push the curved edge of the folded menarche cup into your vagina. Push until you reach the cervix.

Check if it was properly placed by trying to turn the cup slightly. If it doesn't move, you're good to go! If it does, remove and try again.



How to Remove ?

- Ensure you wash your hands properly
- Position yourself either in a squatting, or sitting position
- Gently pull the stem until you reach till the base of the cup
- Softly pinch the base of the cup to release the vacuum and continue to pull it down till you are able to take it out of your vagina
- Empty the content in the toilet
- Wash the cup with Menarche menstrual cup wash solution using normal tap water.

Useful Information

- Refer the instruction manual before using Menarche menstrual cup
- Empty the Menarche menstrual cup 2- 5 times in a day depending on your flow
- Menarche cups does not affect the state of woman's virginity
- Consult your gynecologist in case of any pre-existing issues before using the cup

What is TSS ?

Toxic shock syndrome is a rare but serious illness that may be fatal. It is caused by toxins produced by the Staphylococcus Aureus (staph) bacteria which are commonly found in the nose and the vagina.

TSS can affect anyone, including men, children and postmenopausal women. Approximately one –half of the cases occur in menstruating women and girls. Menstrual TSS is associated with the use of menstrual cups and it is more likely to occur in teenage girls and women under 30, than in older women. Early recognition and treatment of the symptoms are important.

For FAQ's visit us at: www.mymenarche.com

Shop Now at: Mymenarche.com

Follow us :   @mymenarche

CELEBRATE CHANGE WITHIN BECAUSE **CHANGE IS GOOD**