

# THE STERILIZER

## user manual



### Sterilise your menstrual cup and applicator in 3 minutes

First of all, thank you for choosing My Better Period to help you through your next cycle.

Our sterilisers are made from biocompatible medical grade silicone. They facilitate sterilisation and the hygienic transport of the Cup.

You'll find all the answers to your questions in these instructions. Please read it carefully.

Thank you again for your confidence. The My Better Period team.

#### 1 Foldable

The steriliser is foldable for easy transport and storage.

#### 2 Cover

Enables the steriliser to be closed again when placed in the microwave, optimising sterilisation of the Cup and Applicator tube and making it discreet for those who need to use it outdoors.



### My Better Period Stérilizer : a 2 in 1 product

A solution that makes it easy to sterilise the Cup and transport it hygienically.

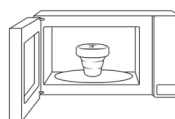
## Sterilising the Cup with the Sterilizer.

Before any manipulation, it is essential to wash your hands thoroughly.



#### 1 Filling

After unfolding the steriliser, fill it 3/4 full with cold water.



#### 3 3 minutes in the microwave oven

Close the steriliser with the cap, then place it in the microwave for 3 minutes. Your Cup is sterilised.



#### 2 Adding the Cup

Then place your Cup in the steriliser so that it is completely under water.



After being microwaved, the steriliser may be very hot. If this is the case, we recommend that you allow it to cool for around two minutes before handling it.

**NB: the Applicator tube can also be sterilised using the Sterilizer.  
Be careful not to sterilise the Applicator plunger in boiling water, as it is made of medical PP.**

Would you like to contact us?

Have a question? Got a suggestion?

Write to us at [contact@mybetterperiod.com](mailto:contact@mybetterperiod.com), and we'll be happy to get back to you.

These instructions are available in an interactive format, with videos demonstrating how to use them and even more advice at [www.mybetterperiod.com](http://www.mybetterperiod.com) or by scanning this QR code.

