

THE APPLICATOR

user manual



Insert your Cup like a tampon !

Thank you for choosing My Better Period to support you throughout your next cycle. Our applicators are made in France. The tube is 100% platinum-catalysed medical silicone (the most stable and safest), and the plunger is made of biocompatible medical grade plastic. We have designed the Applicator so that all menstruating people can free themselves from the constraints associated with menstruation, while respecting their lifestyle, their health and the environment. The Applicator makes it easy to insert the Cup, and is positioned correctly to prevent leakage. It's easy to use, both for beginners and for menstrual cup fans. You'll find all the answers to your questions in these instructions. Read it carefully and give yourself time to learn how to use your My Better Period Applicator. Thank you again for your confidence. The My Better Period team.

1 Refined tip

The tip is thinner than the tube, so it adapts to all body shapes, avoiding pain and maximising comfort.

2 Flexible tube

Holds the cup in place before deploying it in the vagina. Its flexibility means it can be adapted to all body shapes and several brands of cup (the most flexible - shore max. 50).



3 Small hole

We have provided an insert in the plunger to accommodate the cup stem, if there is one.

4 The plunger

Used to push the Cup contained inside the tube towards the outlet and allow it to deploy in the vagina.

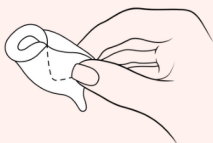
My Better Period has created the very first menstrual cup applicator!

A solution that makes inserting the Cup easier, inspired by the tampon applicator.

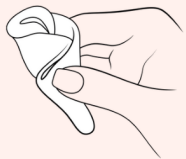
How to insert the Cup with the Applicator.

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

1 Fold the Cup

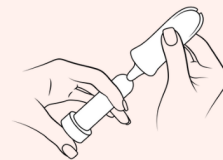


Insert one edge of the ring into the inside the container until it the base of the Cup.



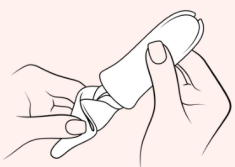
Then fold the Cup over itself to make it as thin as a tampon (or almost).

3 Position the plunger

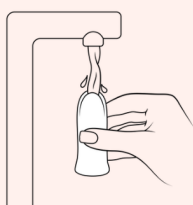


Take the plunger and place it against the base of the Cup. If you decide to keep the stem of the Cup, you can position it in the small hole in the plunger provided for this purpose (see diagram above - no. 3).

2 Insert the Cup into the Applicator

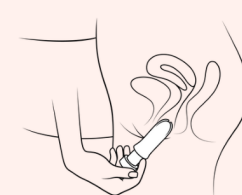


Slide the Cup into the Applicator tube using a twisting motion.



We recommend wetting the inside of the applicator tube slightly with water to help the Cup penetrate the tube.

4 Insert your Cup



Place the first few centimetres of the Applicator in your vaginal canal to insert the Cup.



Once the Applicator is in position, push the Applicator plunger to release the Cup from the Applicator. Remove the applicator. Your Cup is now inserted.

Clean the Applicator during your period.

Simply wash your applicator with drinking water

You can simply use drinking water to rinse the Applicator.
In public places, it's best to use disabled toilets, where there's always a washbasin. where there is always a washbasin.

If you do not have access to drinking water

You can either bring a bottle of water (with a sports cap), use My Better Period wipes (our cupfriendly wipes made for this purpose) or carefully wipe the Applicator with paper and rinse it later, as soon as you have access to water.

If you insist on using a cleaning product

You can use soap to clean your Applicator.
Preferably, opt for an intimate cleanser, but make sure its pH is between 4 and 6. Ideally, use a product that has been tested for use with menstrual cups.

For the Cup: see the instructions for use dedicated to the Cup My Better Period.
If you use another brand, please consult their instructions for use.

Sterilise the Applicator between periods.

Method 1 :

Place the Applicator tube in the My Better Period steriliser filled with water and place in the microwave at 600W for 3 minutes.

Method 2 :

Immerse the Applicator tube for 5 to 10 minutes in a pan of boiling water. Tip: to keep the Applicator tube from touching the bottom of the pan, you can place it in a whisk.

If you want to use the Applicator just after boiling it, run it under cold water: platinum silicone has a high thermal inertia, so it will quickly come down to the right temperature. Otherwise, place it in its pouch until you next use it.

If you're travelling, the My Better Period menstrual cup steriliser will be your best ally, serving both as a carrying case and requiring only a microwave.

Important: only immerse the medical silicone applicator tube in boiling water (in a saucepan, steriliser or similar).

As the plunger is made of medical plastic, we recommend that you do not subject it to high temperatures to avoid any risk of it melting or becoming damaged.

As the plunger does not come into direct contact with your skin or mucous membrane, there is no need to sterilise it. You only need to clean it as described in the section 'Cleaning the Applicator during your period'.



Important information.

Period of adaptation

Remember that it usually takes a while to get the hang of it so that you can familiarise yourself with the various operations.
Try using the Applicator preferably during the last few days of your period to get the hang of it.
For some people, this is a very quick process, for others it may take a while.
others, it may take several cycles. So don't be discouraged, it's normal and your efforts will be rewarded.

Disclaimers

- After vaginal surgery (hysteroscopy, etc.), do not use the Applicator without the agreement of your gynaecologist/midwife.
- In the event of a vaginal infection (or suspected infection), treatment with an ovum or intra-vaginal cream, avoid wearing any internal protection: you risk discomfort and burns.
- If you have had an episiotomy, wait until the scar has healed and your perineum has been re-educated. In all cases, wait until the vagina and cervix have healed.
- If you suffer from any other intimate pathology, ask your gynaecologist/midwife for advice before using the Applicator.
- Never clean the Applicator in the dishwasher.

Would you like to contact us?

Have a question? Got a suggestion?

Write to us at 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 or by scanning this QR code.

