

# THE CUP

## user manual



### Our mission: to make this period more comfortable

First of all, thank you for choosing My Better Period to accompany you throughout your next cycles. Our menstrual cups are made in France and 100% platinum medical silicone (the most stable and safest). We have designed the My Better Period Cup so that all menstruating people can free themselves from the constraints associated with menstruation, while respecting their lifestyle, their health and the environment. The Cup is inserted into the vagina during your period and gently collects the flux without absorbing it. It protects you for up to 6 hours at a time, with no leaks or odours, and it's easy to use, for beginners and menstrual cup fans alike. You'll find all the answers to your questions in these instructions. Read it carefully, give yourself time to learn how to handle your Cup My Better Period and to find the folding method that suits you best, because the time it takes to get the hang of it varies from person to person. For greater simplicity and convenience, we recommend that you use our menstrual cup applicator. And after this period, we're sure you'll never leave your My Better Period Cup! Thank you again for your confidence. The My Better Period team.

## Toxic Shock Syndrome (TSS)

### What is TSS?

TSS is an extremely rare but serious and potentially fatal disease. It can occur in men, women and children. It is caused by a toxin produced by bacteria (called staphylococcus aureus or staphylococcus aureus) that live on or in the human body - usually in the nose, respiratory tract or on the skin. The conditions under which this toxin is produced by staphylococcus aureus are still unknown, and most people are naturally immunised against it. However, as a minority of people are not immune, we need to provide you with clear information, as half of all cases occur during menstruation. Given the potential seriousness of TSS, it must be detected and treated rapidly.

### What are the symptoms of TSS?

In many ways, it can resemble a sudden bout of flu, with symptoms that don't necessarily all occur at once: high fever (39° or more), headache or sore throat, vomiting, diarrhoea, dizziness, fainting, muscle aches or skin rashes that look like sunburn.

### What should I do if I have these symptoms?

- Remove your cup as a precaution
- Contact a doctor or hospital immediately and make sure you tell them about TSS and the fact that you are menstruating. If you have contracted TSS in the past, you should consult your doctor before using internal protection (tampons or cups) again.

### How to use the cup properly?

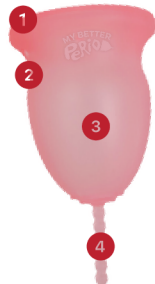
We advise you to use a cup size that corresponds to your flux and to ensure that you respect a maximum wearing time of 6 hours in a row. We also invite you to wash your hands properly before handling your cup, as staphylococcus aureus is found on the skin in many cases. A direct link between the cup and TSS has not yet been demonstrated, but we are convinced that precise information on the correct conditions of use will enable you to use your cup in complete safety.

### 1 Upper ring

Firm enough to prevent leaks, soft enough for maximum comfort.

### 2 Holes

Eliminates the suction effect during removal.



### 3 Container

Where the flux is collected. Depending on the model, it contains 23ml (S) or 33ml (L), to fit each flux.

### 4 The flexible stem

Allows you to locate the end of the cup for easier removal. The cup can be shortened or removed completely.

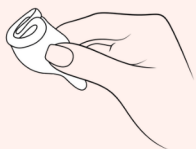
As you may have noticed, the Cup My Better Period has a curved shape.

It makes it easier to remove the Cup and avoids the suction cup effect.

The My Better Period Cup is on average twice as thin and flexible as conventional menstrual cups.

## Folding and insertion methods (without Applicator).

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



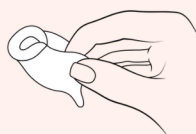
### C-fold

Flatten The Cup and fold it in 2 on itself. The folded side should be positioned at the back of your vagina during insertion (see dotted line).



### 2-stage insertion

Place The Cup against your vulva and tip the ring into your vagina: at this point, only the top of The Cup is inserted, and it will begin to unfold. Then grasp the base of the Cup and screw towards the bottom of the vagina to place it about 1 phalanx from the vaginal entrance.



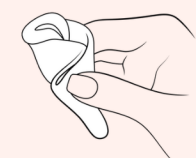
### Punchdown fold

Insert one edge of the ring towards inside the container. The long side should be positioned at the back of your vagina during insertion.



### Direct insertion

Insert the Cup almost all the way up. At this stage, it is important that it remains in line with your vagina and is not positioned at an angle. Then release the fold and screw it in at the right height (i.e. where you can't feel it).



### My Better fold

Make the Pli Punchdown, then fold the Cup over itself to make it as thin as a tampon (or almost).



### Direct insertion

Insert the Cup almost all the way up. At this stage, it is important that it remains in line with your vagina and is not positioned at an angle. Then release the fold and screw it in at the right height (i.e. where you can't feel it).

## GOOD TO KNOW :

The stem of the cup should be just beyond the entrance to your vagina. If you still feel The Cup, don't hesitate to push it slightly towards the bottom by pressing on the base: it will position itself naturally so that you won't feel it at all.

The effectiveness of The Cup is linked to its correct deployment: the top ring must be deployed, which is guaranteed as soon as it is screwed on without resistance. However, unlike conventional menstrual cups, the receptacle of our cup is more flexible to adapt to your body, so it can remain compressed without causing leaks. For easier cup insertion, we recommend using the My Better Period applicator.

## Withdrawal.

The Cup is positioned about 1 phalanx from the entrance to the vagina: it is therefore accessible.

- 1) Pinch the base of the Cup: this will cancel out the suction effect by allowing air to enter through the holes.
- 2) Pull gently, using small back and forth movements. If the Cup is pulled up a little (this can happen depending on your anatomy and your movements), we advise you to sit on the toilet and push slightly with your perineum, which will bring it down and make it accessible.

## Clean the Cup during your period.

### Empty the Cup

You can empty it down the toilet, into a washbasin, in the shower or even in nature.

### Simply wash your cup with drinking water

You can simply use drinking water to rinse the Cup. Avoid water that is too hot as it tends to fix the blood pigments and this could discolour your Cup as you go along.

In public places, it's best to go to a disabled toilet, where there's always a washbasin. there is always a washbasin. If the ventilation holes are blocked, fill The Cup to the brim with water, place palm of your hand tightly over the top of the ring and squeeze the receptacle with the other hand: the water will come out of the holes and unblock them.

### If you insist on using a cleaning product

Caution! Do not use soap or shower gel to clean your Cup, as they do not have the right pH for this purpose. You may 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.

### 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 Cup with paper and rinse it later, as soon as you have access to water.

## Sterilise the Cup between periods.

### Method 2 :

Place The Cup in the My Better Period steriliser filled with water, then place in the microwave at 600W for 3 minutes.

### Method 1 :

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

If you want to use The Cup 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. Platinum silicone has a high thermal inertia, so it will quickly come down to the right temperature. Otherwise, keep 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 transport box and requiring only a microwave. If your cup has become opaque or tinted, you can restore its original appearance by soaking it overnight in water. overnight in boiling water with the juice of half a lemon or a little spirit vinegar (white vinegar). vinegar (white vinegar). Rinse well afterwards.

## Important information.

### Adjustment period

If you've never used a menstrual cup before, you should be aware that it usually takes a while to get the hang of it. to familiarise yourself with the various operations. Try The Cup preferably during the last few days of your period menstruation or when you're not menstruating (by humidifiant) and pair it with an external with an external menstrual protection, preferably reusable (panty liner, pad, menstrual panties), while you learn the right gestures. For some people, this is a very quick process, for others it can take a long time. others, it can take several cycles. So don't be discouraged, it's normal and your efforts will be rewarded.

### Disclaimers

- The Cup is not a contraceptive and does not protect against sexually transmitted diseases (STDs).
- You can keep the Cup My Better Period when you go to the toilet.
- If you have intimate relations with the Cup My Better Period, be sure to remove it immediately afterwards and clean it before inserting it again.
- If you are wearing an IUD (intrauterine device), cut the fils short and be careful to pinch the base of the Cup when removing it so that it doesn't slip out. to prevent it from moving. If you have any doubts about the correct positioning of your IUD, use an alternative contraceptive method and consult your gynaecologist or midwife.
- After vaginal surgery (hysteroscopy, etc.), do not use The Cup 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 wear any internal protection: you risk discomfort and burns.
- The Cup is formally not recommended for post-natal bleeding, or after a miscarriage or an ABORTION.
- If you've had an episiotomy, wait until the scar has healed and your perineum has been re-educated. In all 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 Cup.
- Never clean The Cup in the dishwasher.

### 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.

