

Removal

The menstrual cup is to be removed and replaced every 8-12 hours or possibly sooner depending on your flow.

To remove, again find a comfortable position. Simply insert two fingers inside the vagina locating the base of the menstrual cup. Gently pinch the base of the cup breaking the seal and gently pull out.

Some of the most common places to remove the cup and dispose of discharge are either on the toilet, squatting in the shower, or even with a leg up and over the bathtub.

Cleaning and Storage:

After you have emptied the discharge of your cup simply wash with warm water and a gentle unscented soap, sterilise, and air dry. Once dry, Put it in a cloth bag for storage.

TOXIC SHOCK SYNDROME (TSS)

TSS is a rare but serious disease that may be fatal and has been linked to the use of high-absorbency tampons and prolonged use of tampons. Contracting toxic shock syndrome while using the menstrual cup is unlikely, but it has happened especially with women who have forgotten the cup for several days. To prevent it, it is advisable not to wear the cup for more than 12 hours.

Symptoms can include sudden high fever, vomiting, diarrhea, dizziness, fainting, and a rash-like sunburn. If you have any of these signs while using PapayaCup, remove it and contact your doctor immediately.

Attention

- PapayaCup is not a contraceptive and will not prevent pregnancy and/or sexually transmitted diseases.
- Discontinue use and contact a medical practitioner if you experience any pain or discomfort while using PapayaCup.
- It's recommended that PapayaCup be worn for no longer than 12 consecutive hours.
- PapayaCup does not need to be removed for urination or bowel movement.
- PapayaCup should be used only during menstruation.
- Keep out of reach of children and animals.
- If you have difficulty removing the cup, first, breathe and try to calm down. Bend down and force yourself as if you were going to pee and try to pinch the cup, help yourself with the handle, but don't pull hard. If you try several times and fail, seek medical attention. But don't suffer, the cup cannot be lost inside you.

Size S

For those under 30 years of age who have not had a vaginal birth and people with a low cervix.

Size L

People over 30 or those who have had a vaginal birth and people with a high cervix



PapayaCup

User Manual

See additional languages at:
<https://www.papayacup.com/pages/manual>

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How to Use a Menstrual Cup

1. Sterilization of the menstrual cup using a sterilizer.
2. Fold the menstrual cup as best suits you.
3. Stand with one foot on the toilet, hold the menstrual cup with one hand, open your labia with the other, and gently insert the cup, releasing it when it is fully inside the vagina. Remember that the vagina is not perpendicular to your body, it is inclined backward, so you must insert the cup in the direction of the anus.
4. If you feel it's folded inside, it means it's not positioned correctly. If necessary, use a little lubricant or water, hold the cup by the base, and gently rotate it to open and create a proper seal.

You have an explanatory video available that can help you, you just have to scan the QR code that is stuck on the lid of your PapayaCup packaging.

How to use PapayaCup

1- Place the cup in the sterilizer with a little water and put it in the microwave, or boil it in a pot, for 3 minutes.



2- Use clean hands



3- ways to fold your menstrual cup



C



Flower



4- In a comfortable position you insert the cup



5- the menstrual cup should stay on like this



And then?

1- Pinch the cup with your fingers (squeeze it very gently), menstrual to break empty, if necessary gently pull the handle, then grab the cup with your fingers and remove it slowly and carefully.



2- Empty your cup and rinse it with water, if your period has not yet ended, reinsert it.



3- When your period is over, take it out, rinse it again, and sterilize it again before storing it in your PapayaCup bag.



Wear up to 12 hours!