



WELCOME

Thank you for choosing us. LifeCup® is a reusable and hygienic medical silicone cup designed to be used on your menstrual days. It is designed to be folded and inserted into the vagina to collect menstrual flow. Once inside, it opens and sits lower than a tampon. The vaginal muscles allow the cup to be kept in place.

LifeCup® is the most comfortable, practical, and environmentally responsible option.

Here are some of its main benefits

- Reusable: durability of ten years.
- Hypoallergenic: does not produce eczemas or dryness.
- Healthy: does not affect the natural environment of the vagina. It is not associated with any disease.
- Can be used with current use of contraceptives.
- Can be used safely at all times: when doing sports, traveling, and sleeping.

Learning to insert and remove your LifeCup® may require some practice.

The more you use the cup, the easier and more familiar you will find it. The best time to practice is during the last two days of your menstrual period. Find a quiet time and remember to relax!

LifeCup® can be used from the first period. It is important to know that the hymen can break. This varies in every woman's body.

Recommendation: Read all the instructions carefully before using your LifeCup®.

For any questions or comments please contact us via: www.lifecup.co or Facebook: LifeCup

Your welfare is ours!

Help us improve the lives of women and the planet by sharing this information with other women. The more women who use LifeCup®, the less tampons and pads there will be in the sea!

Thank you

How do I use my LifeCup®?

Sterilize your LifeCup® before first use. To sterilize you can leave it in boiling water for 8 minutes.

Recommendation: set an alarm to avoid burning or melting your LifeCup®.

How do I insert my LifeCup®?

Wash your hands well.
Find the right position: either standing, sitting, squatting, or kneeling.
We recommend you to squat; it is the most comfortable option!

Hint: it is easier to insert your LifeCup® if it is wet.

Fold it. You have two options:.

Bending Technique 1:

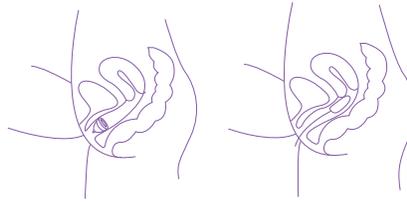


Bending Technique 2:



Once folded, insert LifeCup® up and push gently towards your back.

LifeCup® will be located lower than a tampon:



The holes that are below the rim of LifeCup® allow a vacuum which prevents leaks.

Control that, feeling the LifeCup® with your index finger or pressing the cup with the vaginal muscles

Until you are well acquainted with your amount of flow in relation to your LifeCup®, we recommend you to empty it every 4 hours.

Remember: LifeCup® cannot remain inside your body for more than 12 hours.

How do I extract my LifeCup?

Wash your hands well.

Take the position that was most comfortable for you.

Gently pull the stalk until you can touch the bottom of the LifeCup®.

If you can not reach the stalk, bid down the muscles of the vagina until you can reach the base of the cup.

Insert a finger along the LifeCup®. You will hear how the vacuum that was formed breaks. LifeCup® easily peels off the vaginal walls. Empty the content and re-insert.

How do I keep my LifeCup® in good condition?

It is very important that you keep your LifeCup® clean.

Wash it regularly with mild soap and warm water, and be sure to remove any soap before use.

The holes down the edge of your LifeCup® help it out. Make sure they are clean.

If you find yourself in a public toilet, use a water bottle to clean your LifeCup®, or simply empty it and insert it again.

Be sure to clean it more thoroughly next time.

Keep in mind when traveling to clean it only with fresh and drinkable water.

Over time, your LifeCup® may fade, but this does not reduce its effectiveness.

Discoloration can be decreased by putting your LifeCup® in a sterilizing solution diluted in water for a few minutes.

Avoid: scented soaps, abrasive cleaners, and petroleum-based substances like vaseline.

FAQ / troubleshooting

I cannot extract my LifeCup®, what do I do?

If you have any problems when extracting your LifeCup®, do not get nervous.

While LifeCup® is inside your vagina, it is held by vaginal muscles and if you're tense, you will only make it harder to remove.

The opening on the top of your vagina that goes to the uterus is only the size of a pinhead, so you cannot miss LifeCup® and it is so flexible that it cannot cause you any harm.

Relaxation is key to extract your LifeCup®. If you cannot reach it, you must use the vaginal muscles to slide it down.

This is accomplished through a series of slow, gentle downward pushing movements.

I have leaks with my LifeCup®. Why is that? What should I do?

The most common reason why leaks occur is that your LifeCup® is not low enough in the vagina.

Check this (see picture of "How do I insert my LifeCup®?"). You can pull it down if it is above than what is recommended.

Make sure the vacuum is formed between you LifeCup® and vaginal wall; this is allowed by the holes that are located below the edge of your LifeCup® (check that they are clean).

If you have size 1 and feel that the cup moves continuously or leaks, then you need size 2.

If size 2 also causes leaks, you can do pelvic floor exercises to strengthen the muscles that keep your LifeCup® in place.

Can I use my LifeCup® with the contraceptive vaginal ring?

LifeCup® is situated at the entrance of the vagina, so it does not interfere with the contraceptive ring.

We recommend that before emptying the cup, you check if you have removed the ring to make sure it has not been dislodged and fallen from its proper position.

Can I use my LifeCup® if I am allergic to latex?

Yes, LifeCup® is made of 100% hypoallergenic medical silicone and safe for women allergic to latex.

Can I use my LifeCup® if I have just had natural childbirth?

We do not recommend using any internal protection postpartum bleeding.

You must wait six weeks to do so without risk of infection.

Always remember:

-LifeCup® does not protect you from pregnancy.
-LifeCup® does not protect you from sexually transmitted diseases (STDs).

- You do not need to extract your LifeCup® to urinate or defecate; but it must be removed to maintain sexual relationships.

- It is not recommended to share your LifeCup® with other women.

- Take off your LifeCup® and contact your doctor if you notice pain, burning, irritation, or swelling in the genital area or discomfort when urinating.

-LifeCup is unrelated to Toxic Shock Syndrome (TSS).

Toxic Shock Syndrome (TSS)

The TSS is a disease caused by a toxin produced by the bacterium Staphylococcus Aureus and it has been associated with high uptake and prolonged use of tampons.

TSS symptoms resemble the flu and can be sudden high fever, vomiting, diarrhea, dizziness, fainting, or a rash similar to the one caused by a sunburn during the day period or a few days later.