

Information Basics: Menstrual Cups

WHAT ARE MENSTRUAL CUPS?

- Menstrual cups are a type of period product worn inside the vagina directly below the cervix to catch menstrual fluid.
- Cups are typically made of medical-grade silicone (same material used in plastic surgery), can last up to *10 years* and cost between *\$20-40*.
- Cups only need to be emptied as needed and can stay in place for up to *12 hours* but you'll want to get to know your personal flow for best results.
- Cups get emptied directly into the toilet.
- The little holes on the rim help create suction so the cup stays in place.

HOW DO I CLEAN A MENSTRUAL CUP?

- Make sure your hands are clean.
- Wash with mild soap and warm water.
- If you are in a public restroom, you can just empty the cup and reinsert, or bring a bottle of water/wipes to rinse the cup.
- After your cycle is over, store your cup in the little cloth carrying bag it comes with. NEVER store in plastic. Check your cup's care instructions for further information.

FAQs

1) Can a menstrual cup get stuck inside of me?

Vaginal muscles expand and contract and the cervix moves up and down, but it's not possible that a menstrual cup will get stuck inside you. Bear down with your muscles if you are having issues pulling or grabbing the stem to remove it.

2) Is it messy to use a menstrual cup?

New menstrual cup wearers may have to get used to inserting, removing and cleaning the cup regularly. It may take some practice to use a cup mess-free.

3) Will a menstrual cup cause me any pain or discomfort?

When a menstrual cup is purchased in the correct size and inserted properly, it should not cause any pain or discomfort. You should not even notice that it's there.

4) Can I wear a menstrual cup while I sleep?

Yes. You can rely on a menstrual cup to be worn during a full night's sleep. However, if you have a very heavy flow, you might want to back it up with a pair of period underwear.

5) What should I do if I'm having issues with my menstrual cup not working properly?

If you find that the menstrual cup is leaking or falling out of you, you should check to make sure that you have it inserted correctly. Also check to make sure the cup is not damaged or flawed. You can contact the cup's maker, and may need to consider a different size.