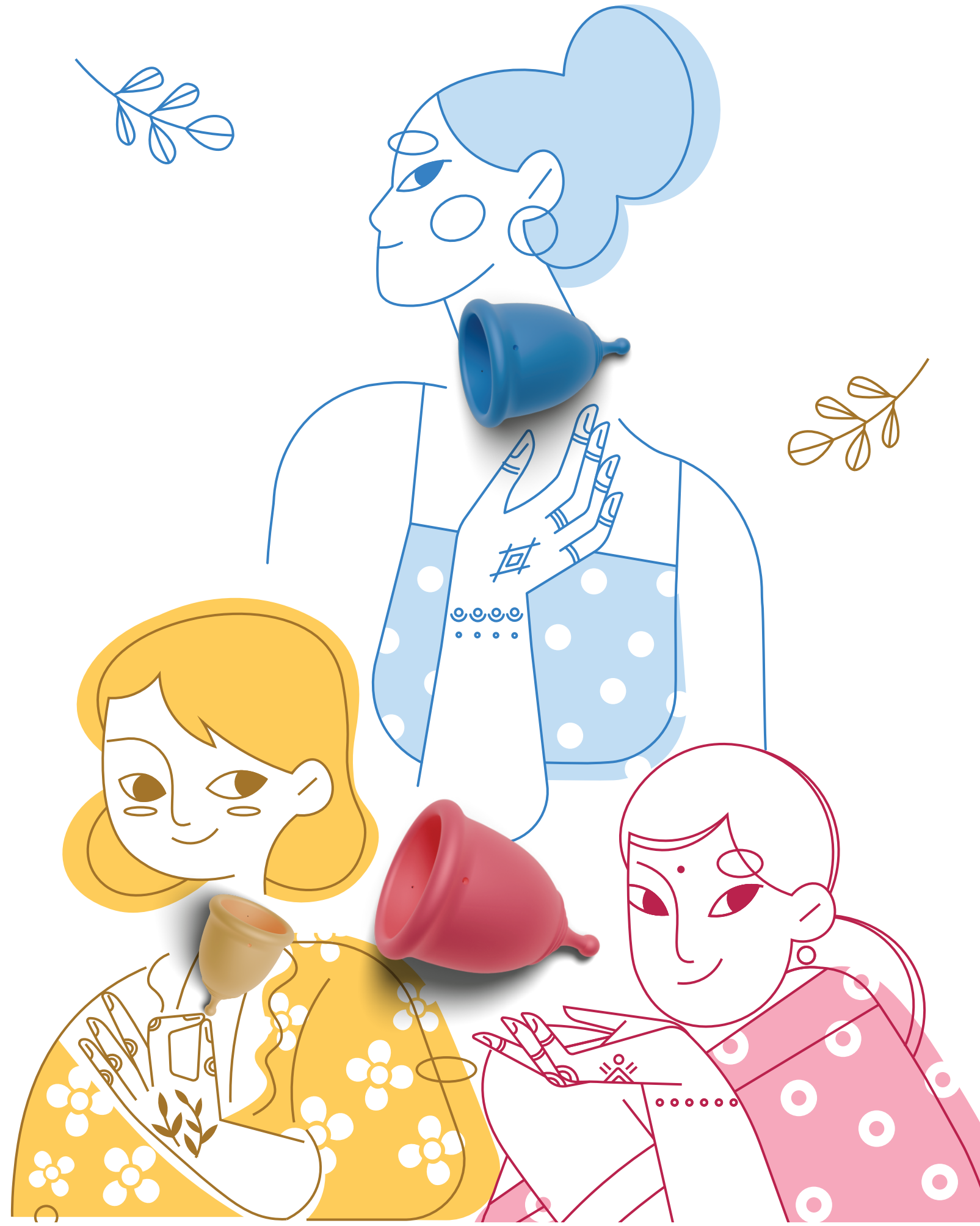


*iCare*

# MENSTRUAL CUP

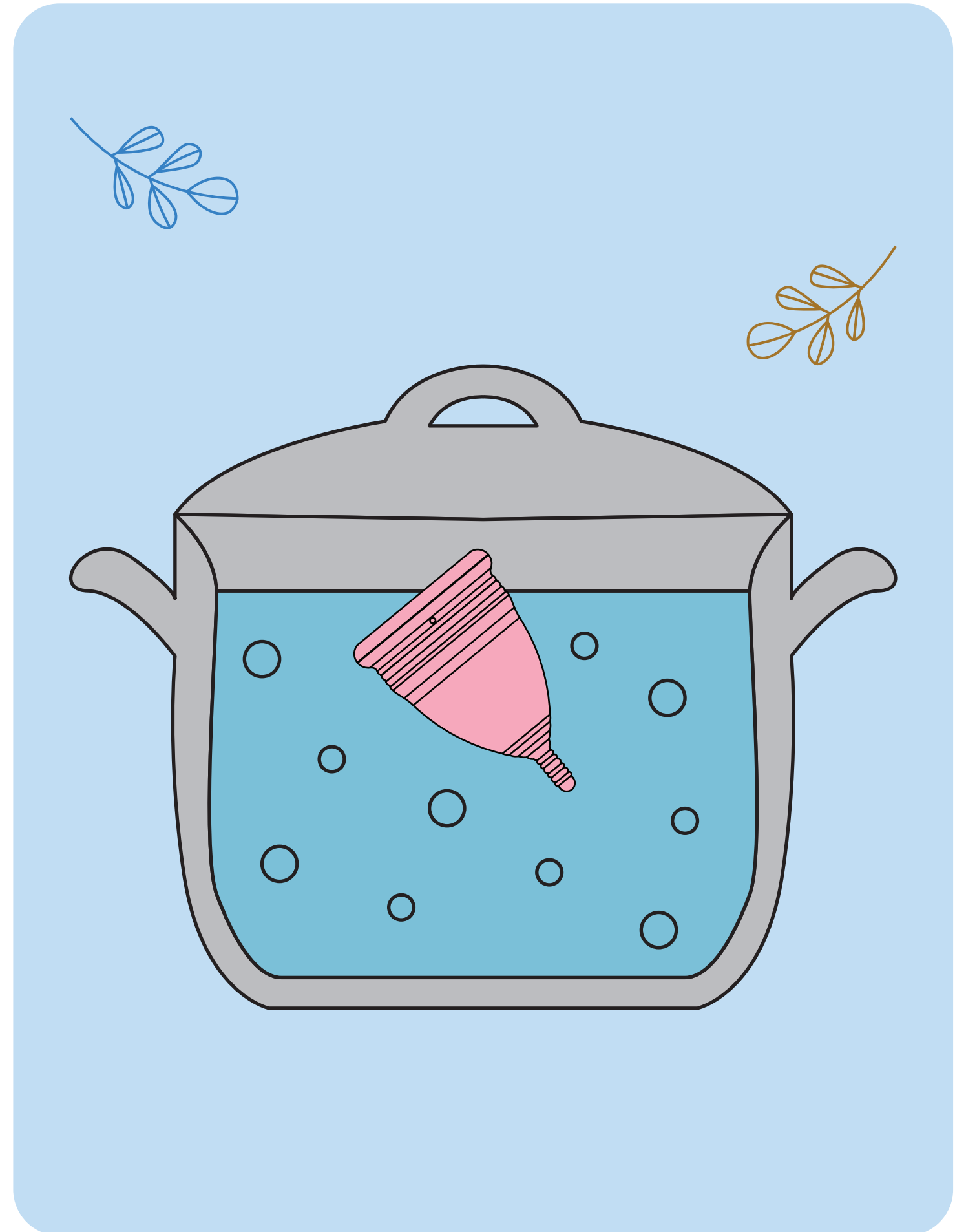
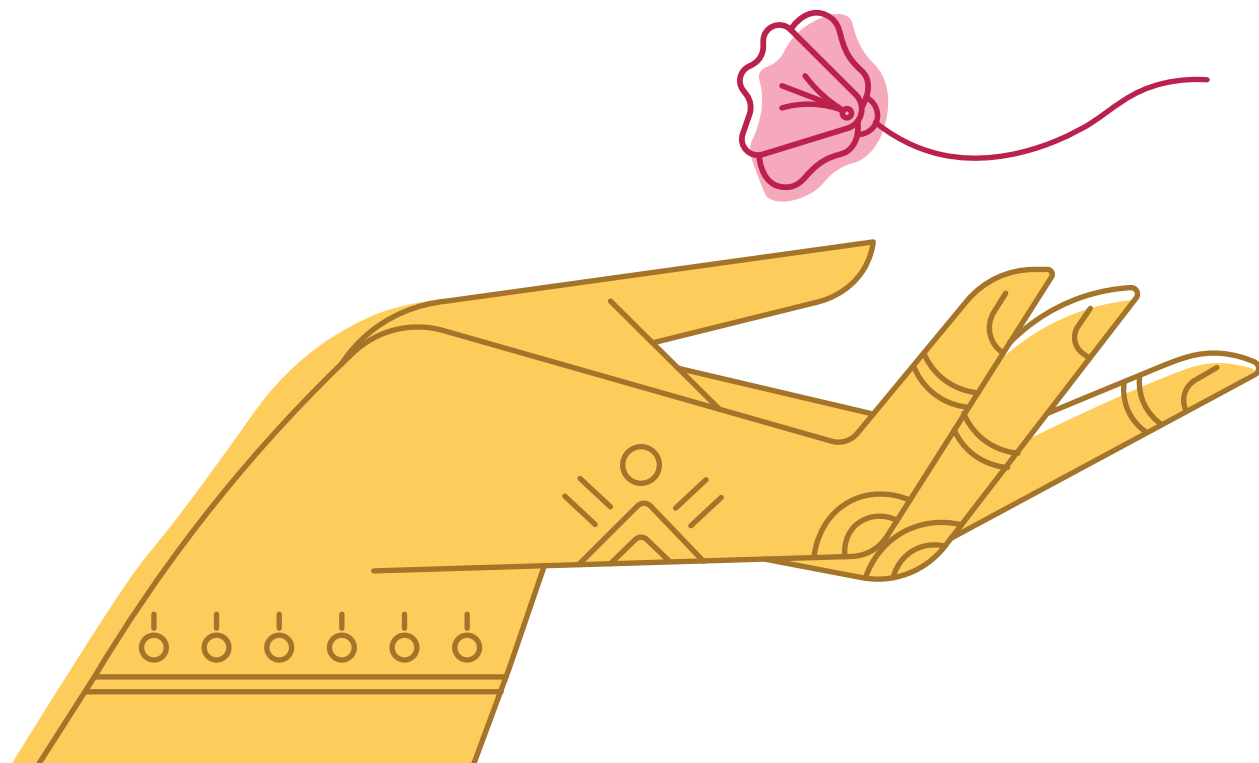
REDEFINING PERIOD CARE



**Thank you for choosing the iCare menstrual cup. Please take a moment to read this user manual prior to using your cup. Our cup is designed to make your periods a complete breeze, from start to finish. The information and advice contained in this manual is not meant to be offered as medical advice. If you have any gynaecological or medical concerns, we recommend consulting your healthcare.**

Using our menstrual cup may take a little practice at first, but it will soon become easy and comfortable with regular use. Remember to clean your menstrual cup thoroughly before and after each use to maintain hygiene.

Thoroughly wash your hands with soap and water before using you. Before use, fully submerge your menstrual cup in boiling water for 5 to 8 minutes.

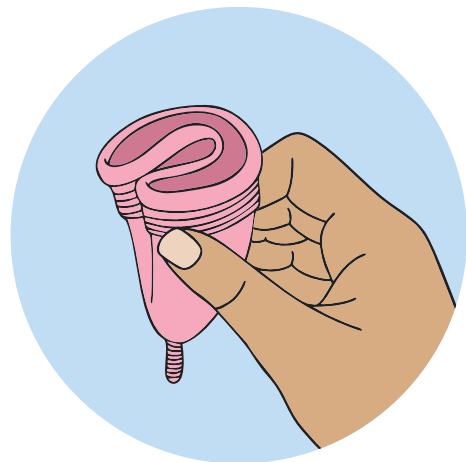


# 1

## Inserting your Menstrual Cup

Relax and find a position comfortable to you (Sitting on the toilet seat, squatting, or standing with one leg raised) For your first time, choose a calm setting, like the shower, where you can practice inserting and removing the cup.

**Next, fold the cup using the method that works best for you.**



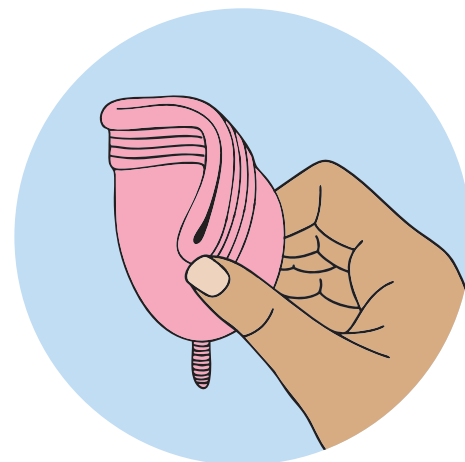
The C Fold



The Punch Down Fold



The Triangle Fold



The 7 Fold

Insert the menstrual cup at a 45-degree angle, rather than straight up, following the natural angle of the vaginal canal. Once the cup is inside, with the stem still sticking out, gently push it into place using your index finger at the base of the cup.

**Check the seal** to ensure the cup is secure and leak-proof. After insertion, you may hear a slight pop sound as the cup opens. To confirm, run your index finger around the cup's edge. If you feel any dents, the cup hasn't fully opened. Gently rotate it to ensure it's completely open and in place.

### Avoiding leaks

In order to avoid spotting, be sure to form a seal between your body and your cup. There are many ways to ensure that a seal is formed.

### Here are some ways to check if the seal is formed:

- Gently rotate the cup once to ensure it's fully open.
- Wiggle the cup up and down.
- Run your finger around the cup to feel if it's fully open.
- Lightly pull the cup down; if it doesn't move, the seal is secure.

**You can wear your menstrual cup for 8–12 hours, depending on your flow. Over time, you'll learn how often you need to empty it.**

- To remove the cup, wash your hands and sit in a slight squatting position. Relax your body and use your vaginal muscles to gently push the cup down.
- Locate the stem, grip the base and slowly pull it downward. Once you feel the base, softly squeeze it to break the seal. If the seal doesn't release easily, gently shift the cup side to side while pulling.
- Gently pull the downwards and when you feel that the base is almost out, angle it slightly to avoid any spilling.
- If you've followed all the advice and still experience leaks, the cup size may not be right. A cup that's too small may not form a proper seal, causing leaks, while one that's too large may not open fully, also leading to leaks.

### What should you do if you have difficulty removing your Menstrual Cup?

Remain calm if you cannot remove your cup—it is common to have a little initial difficulty with removal. In a slight squatting position, use a series of gentle, downward pushes with your vaginal muscles to move the cup lower. Follow the removal instructions and relax your body as it will help to ease the process. If you have any further concerns always contact your medical practitioner.





3

Cleaning, Care and Storage

Cleaning and storing your menstrual cup properly will ensure that it lasts for a number of years. Replace your cup if you notice any cuts, punctures, or a sticky/oily film forming on the silicone. Slight discoloration is normal and may occur over time. This will not affect the function or safety of the cup.

First Use	Fully submerge your cup in boiling water for 5 to 8 minutes.
Regular Use	Wash your cup before and after each use. For deeper cleansing, we recommend you boil it in water for 3 to 5 minutes after every cycle. If water isn't available (like in a public restroom), simply empty the cup, wipe it clean with a tissue, and reinsert it. You can wash it thoroughly at your next opportunity.
Storage	We recommend storing your menstrual cup cup in the provided storage pouch.

4

How to choose your size?

<div>S</div> <div>Small</div>	Ideal for those with light to normal flow, a low cervix, under 20 years of age, or before childbirth.
<div>M</div> <div>Medium</div>	Best suited for those with light to normal flow, a low to medium cervix, aged 20–30 years, or before childbirth.
<div>L</div> <div>Large</div>	Recommended for those with normal to heavy flow, a medium to high cervix, over 30 years of age, or post-childbirth.

5

Warnings

Use the menstrual cup only during your cycle and follow the instructions in the manual. Keep it away from children, insects, and sunlight. Always ensure the cup is clean, dry, and stored in the provided cloth pouch. Discontinue use and consult a doctor if you experience any discomfort or adverse effects.

**Does inserting or removing the cup hurt?**

Not at all! Relax and use a proper fold. Removal is easy when you pinch the base to release suction. Practice makes perfect!

**Can I use the cup if I have a medical condition?**

If you have gynaecological issues or recently underwent surgery, consult your doctor before using a menstrual cup.

**Can I use the cup if I'm a virgin?**

Yes! However, using a cup may stretch the hymen. If this is a concern, consult your healthcare provider or consider starting with a smaller size.

**Can I exercise, swim, or play sports with it?**

Absolutely! The cup is designed to stay securely in place during all activities, including swimming and high-impact sports.

**What if my cup leaks?**

Leaks usually mean the cup isn't positioned or sealed correctly. After insertion, ensure it has fully opened and created a seal by rotating it gently or running your finger around the base.

**Can I use the cup during heavy flow?**

Yes, the cup is designed for all flow levels. For heavy flow days, check and empty it more frequently to avoid overflow.

**Is it safe for overnight use?**

Yes! Empty the cup before bedtime, and you're good for up to 8 hours of leak-free sleep.

**Can I feel the cup inside me?**

If inserted correctly, you shouldn't feel the cup. If you do, try repositioning it or trimming the stem slightly (but not completely).

**How do I clean the cup during my period?**

Rinse with water or wipe it with tissue if you're in a public restroom. Clean it thoroughly when you're home.

**What is the menstrual cup made of?**

Our Menstrual cups are made from medical-grade silicone, which is hypoallergenic, BPA-free, and non-toxic.

**Can I use the cup if I have an IUD?**

You can use the cup with an IUD, but it's essential to consult your gynaecologist for proper placement.

**Medical-Grade Silicone**

Made from USP Class VI certified silicone for superior safety & quality

**Platinum-Cured**

Cured using a platinum catalyst for optimal purity and durability

**Every process**

as per Medical Device Quality Management Systems

**Biocompatibility Tested**

100% tested for skin sensitivity, vaginal irritation, and cytotoxicity

**Strict Quality Control**

Rigorous quality checks at every stage of production

**Focused Expertise**

Specializing solely in menstrual cups, ensuring the best product quality

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