

Positively Period FAQ:

How often do I empty and clean the cup? They are designed to be worn for 10-12 consecutive hours. Most can wear all day and then all night. We suggest emptying, washing and re-inserting the cup 2-3 times daily for a regular to heavy flow.

How often should I replace the menstrual cups? Replace annually. If you have experienced a yeast or bacterial infection replace before using the cup again. It is a good idea to inspect the cups regularly for any signs of deterioration or damage and replace when needed.

Can I use a menstrual cup if I have a yeast or bacterial infection?

No, it is not recommended.

Can menstrual cups cause toxic shock?

There is no known link between menstrual cups and toxic shock syndrome (TSS). *Toxic shock syndrome is a sudden, potentially fatal condition. It's caused by the release of poisonous substances from an overgrowth of bacteria called Staphylococcus aureus, or staph, which is found in many women's bodies. The body responds with a sharp drop in blood pressure that deprives organs of oxygen and can lead to death.*

Can I use a menstrual cup when also using an IUD?

It is best to consult your physician to be sure the menstrual cup is right for you.

Follow these simple steps to help extend the life cycle of your cups.

Do not store products near extreme cold or heat. Store in a cool dry location.

Warranty

All sales are final due to the intimate nature of the cups. Positively Period Cups are personal hygiene devices and may not be returned or exchanged. No refunds will be given.

If you have any questions please contact Athena's Customer Care Liaison.

Our Customer Care Liaison can be reached by calling 1-877-ATHENAS or via email: customerservice@athenashn.com



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Can I use a menstrual cup during sex? We don't recommend having vaginal penetrative sexual intercourse while using a menstrual cup. The cup is not a contraceptive and will not protect against sexually transmitted infections. We suggest using doctor recommended safe sex practices.

Can I pee while using the cup?

Yes, no problem! Unlike tampons, which have a string that can soak up unwanted fluids, you can go to the bathroom without a worry. The cup will not absorb water, or urine.

Does it hurt?

If you're not used to using a tampon, it might cause a bit of discomfort. Using a cup does require that you are comfortable with your body and period. If you decide to give it a go, you might want to practice first. If it feels uncomfortable don't force it, take a break, relax and try again later.

Can I do sports with a menstrual cup?

Yes! The material is soft. You won't feel the cup while it's inserted and it gives you comfortable and leak-free protection.

How do I dispose of my old menstrual cups?

Dispose in the trash and never flush down the toilet.

Positively Period Menstrual Cup Instructions



SKU 3406

BODY SAFE | SAFE TO WEAR ALL DAY | EASY INSERTION | REUSABLE | ECO FRIENDLY

It's time for positively progressive and efficiently eco-friendly period care! Bid farewell to the discomfort and monthly expense of bulky pads and tampons! Our menstrual cups are constructed of 100% body safe and FDA cleared silicone that is soft and flexible for all-day and overnight wear! Developed with your comfort, convenience and confidence in mind, the bell shaped curves of the cup hug the contours of the vaginal walls to prevent leakage. The anti-suction holes allow for an air tight seal that can be broken gently. Can be worn up to 12 hours and is reusable month after month!
1 Drawstring storage bag and 2 menstrual cups are included.

GETTING STARTED:

Please read this information before using the menstrual cups. This guide is informational and not offered as medical advice. It does not substitute a consultation with your physician. If you have any gynecological and/or medical concerns or conditions consult your physician prior to using any menstrual cup.

GET USED TO THIS NEW DEVICE:

First-time users should wear the menstrual cup during the day, at a familiar location so they can become comfortable with positioning, insertion and cup removal.

Features



Regular Cup: Suggested for medium and heavy flow days
Length: 2"
Width: 1.8"
Capacity: 21 ml

Small Cup: Suggested for lighter flow days
Length: 1.7"
Width: 1.6"
Capacity: 14 ml

Comfort: Ergonomic design fits like a glove. Protective rims prevent leakage and spills.
Protection: Leak-Free for up to 12 hours at a time.
Reusable: Simply empty 2-3 times per 24 hours, wash & reinsert.
Storage bag: Breathable, hygienic storage in a moisture-wicking material.

Waterproof
Phthalate and Latex free
Not for use with silicone lubricants

CLEANING:

Prior to using your menstrual cup be sure it is thoroughly cleaned. Submerge the cups in boiling water for 5 to 10 minutes. This deep clean method should be used before and after each menstrual cycle. Do not leave the pot unattended for safety and to make sure the cup is not burned or damaged.

PREPARATION & CLEANING DURING DALY USE:

Prior to insertion, wash your hands with warm water and mild soap (fragrance free is the best choice). Before reinserting, wash the cup thoroughly with warm water and a mild soap. The small anti-suction holes should be kept clean and free of debris. Gently stretch the holes under warm running water to keep the holes clean and open

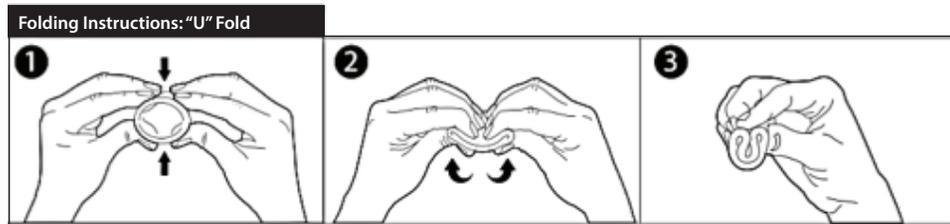
INSERTION:

Bend the cup in a "U" shape, flatten the cup and bend to the "U". Or choose the Push Fold, push the rim down with a finger, into the cup toward the stem and pinch the folded sides together.

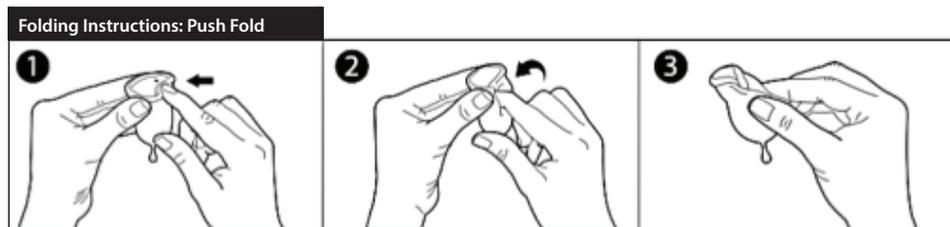
Once folded, hold firmly with one hand. Get in a comfortable position for insertion and relax vaginal muscles. You can lie down, squat, sit on the toilet or simply stand up. You'll find the position that works best for you over time!

You might want to use water or a water-based lubricant such as (Athena's Perfectly Pure Intimate Moisturizer SKU 5701) to make insertion easier. Do not use silicone lubricants. Very gently separate labia with free hand and insert the cup into the vaginal canal with the other hand. Direct the cup toward the tailbone and not toward cervix. The cup will open before completely inserted. Continue inserting until the cup does not protrude.

Once inserted be sure to rotate the cup to ensure it is open and completely inserted.



Just before your period begins, fold the menstrual cup using either of these folding methods shown, and inset it like a tampon without an applicator. Used correctly, you shouldn't feel it. It's similar to putting a diaphragm or birth control ring in place. Your cup will spring open and rest against the walls of your vagina. It forms a seal to prevent leaks, and the blood then simply drips into the cup. To remove it, you pull the stem sticking out the bottom and pinch the base to release the seal. Then you just empty, wash with soap and water, and replace. At the end of your cycle, you can sterilize your cup in boiling water.



REMOVAL:

Wash hands with warm water and a mild soap.

Find a comfortable position that works for you: lie down, squat, sit on the toilet or stand up. Being relaxed is essential as removing your menstrual cup will only be more difficult if you tense up.

When removing your menstrual cup, pull slightly on the stem while using your abdominal muscles to push the cup downwards until you can reach the base. If the stem is out of reach, bear down and gently push with your abdominal/pelvic floor (PC) muscles as if you are having a bowel movement. This should force the cup toward your vaginal opening.

Give the base of the cup a gentle pinch to release the suction seal and ease it out. Small anti-suction holes allow the air-tight seal to be easily broken. To keep contents inside the cup during removal, softly move the cup side to side as removing. Avoid removing your menstrual cup by pulling the stem as this might cause discomfort.

Hold the cup upright to avoid spill. Empty the cup contents into the toilet. Wash thoroughly before reinserting with warm water and a mild soap (fragrance free is the best choice). Or use Athena's Mighty Tidy Cleaner (SKU MTT-1235, 4oz, or MTT-2762, 8oz). Simply rinse with warm water, spray the cleaner and rinse again. The small anti-suction holes should be kept clean and free of debris. Gently stretch the holes under warm running water to keep the holes clean and open.

