**INSTRUCTIONS FOR USE**

**WHAT IS SOFTCUP?**

Softcup® is a reusable menstrual cup originally designed by people with periods, it can be worn for up to 12 hours.

**GET TO KNOW YOUR SOFTCUP**

Your Softcup® has five parts to it: the cup, the base, the stem, the rim, and the air holes.

**HOW TO USE YOUR SOFTCUP**

Prior to insertion, thoroughly wash your hands and the Softcup® for 20 seconds. Use warm water and soap free from oils or synthetic fragrance. Do not use tea tree, scented soap, canola/pepper-mint soap, oil-based soap, rubbing alcohol, antibacterial soap, hand sanitizer, dish soap, hydrogen peroxide, bleach, or harsh chemicals as these may damage the silicone and cause irritation. If irritation occurs, discontinue use and consult your physician.

**STEP 1: FOLD**

Hold the cup with stem pointing down. Pick one of the fold options below.

**FOLD OPTION 1 (FIG. 1):** Press the sides of the cup together and then fold it in half again forming a tight "U" shape.

**FOLD OPTION 2 (FIG. 2):** Place a finger on the top rim of the cup and press down the center of the inside base to form a triangle. This makes the top rim much smaller to insert.

**STEP 2: GET IN POSITION**

Take a comfortable position. Stand or sit on the toilet, relax your vagina, muscles.

**FOLDING**

Insert the folded cup into the vagina carefully.

**STEP 3: INSERT**

While one hand holds the folded cup, the other can gently separate the labia. Next, insert the folded cup into the vagina carefully. Note: The cup will open before it is fully inserted. That is normal. Just continue inserting until the cup is about 1/2 inch inside the vaginal canal. It should feel too high which would create leaks or too low which will be uncomfortable.

**STEP 4: REMOVAL**

**PREP**

Thoroughly wash your hands with warm water and soap free from oils or synthetic fragrance.

**REMOVE**

Softcup® can be removed by pinching the sides to break the seal and then gently pulling.

While sitting or standing in a comfortable position, reach inside your vagina with your thumb, index, and middle fingers until you can reach the base of the cup. Gently pull until you can firmly pinch the base of the cup, squeeze gently to release the seal. As you remove it, angle it sideways and lightly wiggle it to loosen, rather than pull straight down. Once removed, hold the cup upright so the contents remain inside the cup, aim the contents into the toilet. Wash it thoroughly as directed and reinsert.

**NOTE**

Do not use any foreign object to assist with removal as this may cause damage to the cup or your vaginal canal. In the rare case you are unable to remove your Softcup® after 12 hours, contact a physician.

**HOW OFTEN TO EMPTY YOUR CUP**

The Softcup® Size 1 holds 24 mL, and the Size 2 holds 31 mL of fluid. Softcup® can be worn up to 12 hours, including overnight. We recommend that it be emptied, washed, and reinserted at least 1 time per day. If you have a fairly regular cycle, you can let your Softcup® the day your period is expected to begin to prevent “surprise leaks.”

**HOW TO CLEAN YOUR SOFTCUP**

Use warm water and soap free from oils or synthetic fragrance and wash your cup for 20 seconds. Be sure to get the air holes unclogged and cleaned. Do not use tea tree, scented soap, canola/pepper-mint soap, oil-based soap, rubbing alcohol, antibacterial soap, hand sanitizer, dish soap, hydrogen peroxide, bleach, or harsh chemicals as these may damage the silicone and cause irritation. If irritation occurs, discontinue use and consult your physician.

**LEARNING CURVE**

Menstrual cups have a learning curve. It may take a few tries to get the hang of it. If you need clarification about these instructions, please reach out to us at helo@softcup.com. We want you to have a great experience and an easy period, and our customer experience experts are happy to help.

**PRECAUTIONARY WARNINGS**

Use pursuant to directions and during menstruation only.

**Softcup® and Kids:** All bottles are different. Do not use any kind of lubricant as they are harmful to your child's health. If you have any questions or concerns about your child's period, please consult your pediatrician.

**DO NOT USE A SOFTCUP® IF YOU HAVE A YEAST OR BACTERIAL INFECTION.**

**REPLACEMENT**

Because your Softcup® is in contact with your body, it is very important to wash and rinse it thoroughly after each use. In the event your Softcup® becomes discolored, damaged, or worn, you should discontinue use and replace it.

**STORAGE**

Always store your Softcup® in the pouch it came with. Store it in a cool, dry place. Never store your cup in an airtight container.

**CUSTOMER SERVICE**

Call 1-877-762-6682 or visit helo@softcup.com.

**Congratulations!** You are now a Softcup® user and your annual savings can be as high as $140. If you are experiencing any adverse reactions please stop using Softcup® immediately and consult your physician.

**NOTE:**

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