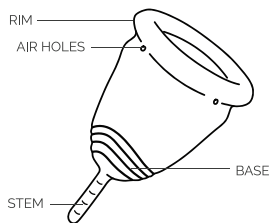




INSTRUCTIONS FOR USE

01

WHAT IS SOFTCUP?



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

Softcup®, made without natural rubber latex, BPA, or phthalates, is hypoallergenic and safe when used as directed.

Softcup® catches, rather than absorbs, menstrual fluid, and can be worn as an alternative to pads and tampons.

Depending on your size cup, Softcup® holds approximately 24–31mL of menstrual fluid (2–3 super tampons). Its unique design provides high-performance leak protection, especially during exercise and swimming.

02

GET TO KNOW YOUR SOFTCUP

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

The cup: the cup is simply the cup-shaped receptacle that collects your menses.

The base: the base sits at the lower part of the cup (above the stem) and provides ridges for extra grip during removal and insertion.

The stem: the stem is the tail end of the cup, created for locating the cup during removal.

The rim: the rim is the stiff top of the cup, which creates a seal inside your body when worn (aka no leaks).

The air holes: the air holes make sure you can remove your cup and break the seal, easily. Ensure they're clean and clear when inserting.

Note: Be sure to keep the cloth bag that comes in the box. This is where you will store your cup when not in use.

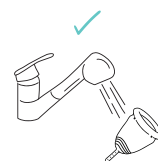


03

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 oil, scented soap, castile/peppermint 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.

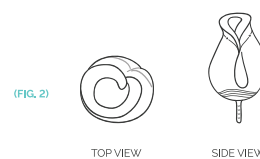


STEP 1: FOLD

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

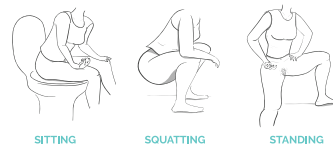
FOLD OPTION 1 (FIG. 1): Press the sides of the cup together and then fold it in half again forming a tight "U" shape.

FOLD OPTION 2 (FIG. 2): Place a finger on the top rim of the cup and press it down into 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, squat, or sit on the toilet. Relax your vaginal muscles.

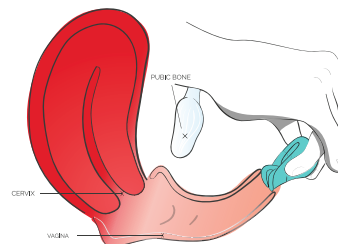


STEP 3: INSERT

While one hand holds the folded cup, the other can gently separate the labia.

Next, insert the folded cup into your vaginal canal.

Note: the cup will open before it is fully inserted. That is normal. Just continue inserting until the cup is about ½ inch into the vaginal canal. It shouldn't be too high, which will create leaks or too low, which will be uncomfortable.



CHECK:

You can check that your cup is fully open in 1 of 3 ways:

1. Gently press your index finger on one side of your vaginal wall to create space for the cup to open.

2. Run your index finger around the base of the cup to feel if there are indents or pleats (which mean it hasn't opened all the way).

3. Grab the base of the cup and rotate it one direction or the other.

COMFORT:

The cup's stem is customizable so you can tailor it to fit your body's needs. Here are a few ways to make it more comfortable, if you can feel it.

Note: Remember that the stem warms up to your body's temperature as you wear it. It can take a few minutes but should be less noticeable as time goes on.

1. Move the cup higher up into your vagina. It should be less noticeable this way.

2. Remove your cup and trim the length of the stem by using clean scissors. It can be shortened or trimmed away completely.

3. If all else fails and you're still uncomfortable, remove the cup and consult your physician.

STEP 4: REMOVAL

PREP:

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

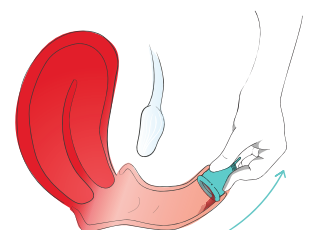
REMOVE:

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 loose, rather than pull straight down. Once removed, hold the cup upright so the contents remain inside the cup. Empty the contents into the toilet. Wash it thoroughly as directed and reinsert.

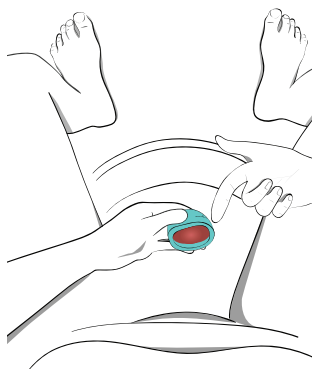
NOTE:

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 is emptied, washed, and rinsed a minimum of 2–3 times per day. If you have a fairly regular cycle, you can insert your Softcup® the day your period is expected to begin to prevent surprise leaks.



04

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 oil, scented soap, castile/peppermint 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.

Sometimes you may want to do a deep clean. To do this, boil the cup for 10 minutes in an open pot of water. Do not leave the boiling pot unattended. Use tongs to ensure the cup does not touch the bottom of the pot. If you burn your cup while boiling, your cup may no longer be suitable for use and should be replaced.

05

TROUBLESHOOTING YOUR CUP

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 hello@softcup.com. We want you to have a great experience and an easy period, and our customer experience experts are happy to help.

REPLACEMENT:

Silicone is very durable but depending on factors unique to each person, the lifespan of the cup varies. Inspect your cup regularly for signs of deterioration, such as odor, severe discoloration, or a sticky or powdery film. Also regularly inspect your cup for any tears in the stem or cup. Since it is a personal hygiene product, a general guideline is to replace it every two years or if the cup was worn while you experienced a yeast or bacterial infection.

STORAGE:

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

PRECAUTIONARY WARNINGS:

Use pursuant to directions and during menstruation only.

Softcup® and IUDs: All bodies are different so be informed about your particular IUD's benefits and risks and consult with your physician.

Do not use a Softcup® if you have a yeast or bacterial infection. Resume use once the infection has completely cleared.

Dispose in trash. Do not flush the Softcup® down the toilet.

Keep your Softcup® away from children and animals.

If you experience any adverse events such as but not limited to nausea, pain, and/or light headedness with Softcup®, discontinue use immediately and consult with your physician.

This User Guide is informational in nature and is not offered as medical advice, nor does it substitute for a consultation with your physician. If you have any gynecological/medical concerns or conditions, please consult your physician prior to using a menstrual cup.

Carefully follow the instructions for best results. Visit softcup.com for more information. For other questions, contact our trained customer experience experts by email: hello@softcup.com

ATTENTION: The Flex Company cares about your safety. Menstrual cups are personal hygiene medical devices and may not be returned or exchanged. All sales are final.

This is the official User Guide for the Softcup® and content may change without prior notice.

WARNINGS: Consult your doctor if you are wearing an intrauterine device (IUD). While uncommon, there is a risk of dislodging, displacing or removing the IUD by pulling on the IUD string when removing your Softcup®.

If you've ever had Toxic Shock Syndrome (TSS) do not use Softcup® or any other internally worn product.

Immediately following childbirth, gynecological surgery, miscarriage or termination of pregnancy consult your physician before using a Softcup®.

Do not use a Softcup® if you have a yeast or bacterial infection. Resume use once the infection has completely cleared.

Maximum wear time is 12 hours and Softcup® must be changed after 12 hours.

Remove your Softcup® prior to intercourse. Softcup® is not a contraceptive device and will not protect you against sexually transmitted infections.

If you experience any adverse events with Softcup®, discontinue use and consult with your physician.

WHAT YOU NEED TO KNOW ABOUT TOXIC SHOCK SYNDROME (TSS):

To date we have not had any reported cases of TSS. Although TSS can occur in men, children and women, it is a disease that mostly affects menstruating women who use tampons. Population studies suggest that the risk of TSS is related to tampon absorbency. The higher the tampon absorbency, the higher the risk of contracting TSS; the lower the absorbency, the lower the risk of TSS. Unlike tampons, Softcup® is nonabsorbent; it holds, rather than absorbs menstrual fluid. However, consumer usage of Softcup® has not been extensive enough to date to quantify the risk of TSS. If any, while using a Softcup®, as a precaution, users must change their Softcup® after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. The warning signs include a sudden high fever, vomiting, diarrhea, a rash that looks like a sunburn, dizziness, fainting, or near fainting and muscle aches. TSS can progress rapidly from flu-like symptoms to a serious illness that can be fatal. If you have any of these signs and you are using a Softcup®, remove it and immediately contact your physician for medical care.

CUSTOMER SERVICE

Call or text us | **+1.800.931.0882**
Drop us a line | hello@softcup.com

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Designed and made with ♡ in California

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