

Whoop-de-doo menstrual cup

This **reusable menstrual aid** is made from medical-grade silicone and represents a comfortable and safe alternative to single-use menstrual aids like pads and tampons.

The menstrual cup works by using suction, and when properly inserted, it can stop the discharge of menstrual fluid up to three times longer than tampons. Using it is entirely **painless, comfortable, and hygienic**. It requires no complicated maintenance, and you can travel, exercise, and even sleep while using it—up to 12 hours without any care whatsoever.

About the menstrual cup

It came into being in Prague at the studio of Anna Marešová designers, the creative minds behind the Whoop-de-doo brand of intimate aids for women.

The menstrual cup has been subjected to lengthy development and testing under the supervision of its creator—product designer Anna Marešová. It's made entirely of medical-grade silicone.

Thank you for supporting local Czech manufacturing with your purchase of our menstrual cup.

Using the menstrual cup

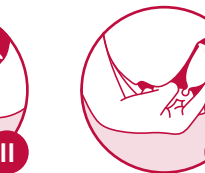
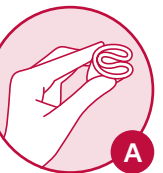
Having a new menstrual cup is like having a new partner—from the very first encounter, you have to “experience” something together in order to become an inseparable pair. We hope your initial experiences with the Whoop-de-doo Menstrual Cup are as beautiful, pleasant, and accident free as can be. ♥

I. Before inserting

Before using the menstrual cup for the first time and then before each subsequent period, it must be sterilized to prevent the spread of bacteria. **Just submerge the cup in boiling water for five minutes**, or use a special disin-

fectant, such as the Whoop-de-doo Cleaning Spray, which is available in our online store.

***TIP:** We recommend inserting and removing the cup a few times before your period starts. Try different positions and insertion methods.*



II. Inserting the menstrual cup

- 1 Wash your hands and, if possible, wet the cup with tepid water.
- 2 Find a comfortable position that lets you relax the muscles of the pelvic floor. You might try squatting, sitting on the toilet, or standing in front of the toilet with one foot up on the seat.

- 3 Fold the cup in one of the two methods shown in the drawing (A, B).
- 4 Take a deep breath, relax the pelvic floor, and insert the cup as deep as possible into the vagina. When inserted correctly, the entire cup, including the ball, should be inside, and you shouldn't feel anything.
- 5 The cup will unfold inside the vagina, and the resulting suction will create

a seal with the vaginal wall to prevent menstrual fluid from leaking.

III. Checking

The first indication that you've inserted the menstrual cup correctly is the **typical sound** it makes when it unfolds inside the vagina. If you don't hear anything, check by pulling slightly on the ball—if the cup resists, it means it's unfolded properly, and you won't be having any accidents.

The best way to know for sure is to **run a finger around the edge** of the cup to see if it's created a proper seal against the vaginal wall. You shouldn't feel the cup inside your vagina, and it definitely shouldn't move around or cause you any discomfort or pain.

If you do feel discomfort, or if the cup leaks, try inserting it deeper, or remove it and try inserting it again at a slightly different angle.

***TIP:** For the first few days, we recommend using the menstrual cup in combination with a pad for backup. It might take you a couple of days to get comfortable to using the cup.*

IV. Removing the menstrual cup

When used correctly, the menstrual cup will work **three times longer than a standard tampon**. In the first days of your period, when bleeding is heavier, you should empty the cup every 4–6* hours, and every 8–12* hours on days with lighter bleeding.

* The recommended intervals are approximate. After several uses, you'll know when it's time to empty the cup.





❶ Wash your hands.



❷ Find a comfortable position, ideally sitting on the toilet.



❸ Take a deep breath and use the muscles of the pelvic floor to push the cup as low as possible. Then, grasp the ball and pull it out.



❹ Squeeze the bottom of the cup and push your index finger up



along the side to the edge in order to release the suction.

❺ When the cup is almost out, tilt it to one side to keep the blood from spilling and pull it out of the vagina.

❻ Empty the cup into the toilet.

❼ Rinse the cup under tepid running water and reinsert.

V. Care

When your period is over, thoroughly **wash the menstrual cup inside and out by hand or with a brush**. Use an intimate soap. If there are any stains, you can use 3% hydrogen peroxide, which you can buy at your local pharmacy. Put the clean and dry cup back in its cloth bag and be sure to sterilize it as described in section I. before using it again.

VI. Some good advice

1 A leaking menstrual cup...

The most common cause of a leaking menstrual cup is **incorrect insertion**, which is easy to check and correct by following the steps in section III.

If you're sure you've inserted the cup properly, but it's still leaking, you might simply have the **wrong size**—mostly likely the cup is too small for you. You can tell the cup is too small if it moves up and down in the vagina or can be easily turned or pushed out. In this case, you should try the larger cup.

If you're already using the larger cup and still having trouble, it may be due to **weak pelvic floor muscles**. Use the cup in combination with a pad and work on strengthening the muscles of the pelvic floor, for instance by using venus balls or doing Kegel exercises.

2 Traveling with the cup

If you're planning to spend time outdoors without access to running water or will need

to use public restrooms, be sure to bring a bottle of **clean water and some disposable wet wipes**. In high-risk locations, always rinse the cup with bottled drinking water only. To make things easier, you can also use our Whoop-de-doo Cleaning Spray for intimate aids.

3 Intrauterine device and vaginal ring

If you have an intrauterine device, there's nothing to stop you from using the menstrual cup during your period. To be sure, though, you may want to talk to your gynaecologist first.

If you use a contraceptive vaginal ring, remove it during your period. Do not use it together with the menstrual cup.

4 Cup getting in the way

Even when the menstrual cup is inserted correctly, you might find that the ball sticks out or that the cup presses unpleasantly against the vaginal wall. Try **turning the cup inside out** and reinserting it. Before doing so, however, we recommend trying to insert the cup deeper or at a different angle so that its edge doesn't touch the cervix. You can also try the smaller cup, or you can cut the ball off the end of the cup, but that might result in irreparable damage.

5 Trouble with infections

If you suffer from frequent vaginal infections caused by various single-use menstrual aids, the menstrual cup might just be

a double win for you. When all the hygienic recommendations are followed, the use of the menstrual cup can **reduce or even entirely eliminate infections**.

VII. Warning

- The menstrual cup is not a contraceptive device and provides no protection against sexually transmitted diseases.
- In the event of pain, a burning sensation, difficulty urinating, unknown discharge, or any other medical complications, stop using the menstrual cup and contact your gynaecologist immediately.
- Do not use the menstrual cup during sexual intercourse.

VIII. Warranty and lifespan

The Whoop-de-doo Menstrual Cup comes with a 2-year manufacturer warranty.

If you follow the use and care instructions, you can expect to **use your menstrual cup for up to five years**, during which you'll save the environment some 1,200 single-use tampons or pads.

Stop using the menstrual cup if you notice any cracks or other defects in it.

IX. Customer support

You can find more information about the menstrual cup at www.whoopeddoo love. Should you have any questions, please call us at +420 778 065 388, or send us an email to whoopeddoo@whoopeddoo.cz.

X. Sharing is caring

Tell the women around you about the menstrual cup, or even the whole world on social media with [#kalisekwhoopeddoo](https://www.instagram.com/kalisekwhoopeddoo) or [#whoopeddocup](https://www.instagram.com/whoopeddocup).

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