

INCLUDED IN THIS KIT



The **FitCup®** is a reusable menstrual cup made of medical-grade silicone that you place in your vaginal canal to collect your menstrual flow. It collects rather than absorbs, which means no dryness or disruption to your natural vaginal pH. Produced in the USA and compliant with Food and Drug Administration standards, the FitCup is comfortable, leak-proof, and can be worn for up to 12 hours.



The Sanitizing Case is made from the same high-quality silicone as the FitCup. Equally beautiful and functional, the case allows you to easily clean and sanitize the FitCup and discreetly store it between cycles.



FITCUP® MENSTRUAL KIT USER GUIDE

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TIPS FOR NEW USERS

Relax and take your time: Choose a time when you're alone and can focus without distractions, perhaps after a warm and relaxing bath. If you're nervous, the vaginal muscles will tighten and can make insertion uncomfortable.

Get acquainted with yourself: It's always a good idea to know your own body. Take some time to locate the vaginal opening and even insert a finger to locate your cervix. It feels like the tip of your nose. Knowing where your cervix is will help you to position the cup properly.

Be patient: Remember that practice makes perfect. It may take several tries before you find a comfortable fit. If you begin without the expectation of perfect insertion, you're more likely to be relaxed and pleasantly surprised when you're successful. Once you get the hang of it, using the cup will be second nature!

ATTENTION: Read all instructions carefully before using the FitCup, paying close attention to sanitizing instructions. Use 1 menstrual cup at time and only during menstruation. Check that there is no obstruction before insertion. You must remove the FitCup before intercourse. To prevent the spread of STDs, do not use a menstrual cup that has been used by someone else. Do not share cups with other people. Consult your doctor if you experience any gynecological problems.

The cup is not intended for post-partum bleeding, please consult your gynecologist about cup use after child birth.

Toxic Shock Syndrome (TSS) is a potentially fatal disease caused by a toxin emitted from a common bacteria. Although very rare, it is possible to contract TSS while using a cup. If you experience sudden fever, rash, or flu-like symptoms while using your cup, remove it and immediately seek medical attention. Do not exceed 12 hours of use without emptying your cup to help prevent TSS. You can reduce the risk of TSS by boiling your cup at the start of each cycle, washing your hands with soap and water before handling the cup, emptying the cup on a more frequent basis, and thoroughly washing the cup after emptying.

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GET CUP SMART

INSTRUCTIONS: Make sure you read and fully understand the instructions before using the FitCup. Keep this User Guide for future reference.

CONVENIENCE: The FitCup can be worn for a maximum of 12 consecutive hours and provides comfortable, leak-free protection while you sleep, lounge, swim, bike, climb...you name it!

REPLACEMENT: The FitCup may naturally discolor over time, but this doesn't impair performance. Silicone is a durable material, and with proper care the FitCup can last for years. Regularly inspect the cup and replace if you see signs of deterioration, such as tears or stickiness.

SANITIZATION: Sanitizing your FitCup is important because it helps keep you safe. At the beginning and end of your cycle, sanitize your FitCup in boiling water, following the instructions carefully. It's not necessary to use soap, and you should never use any soap with dyes or fragrances, as these can cause irritation.

SEX: Remove the FitCup prior to sexual intercourse. This menstrual cup is intended for use only as a feminine hygiene product. The FitCup isn't a contraceptive and won't protect you against sexually transmitted infections or pregnancy. If you have an intrauterine contraceptive device (IUD) in your body, please consult with a gynecologist on proper cup insertion and removal as there is a small chance that improper technique could pull off the strings or cause the IUD to dislodge.

REMOVAL: You don't need to remove the cup to urinate or have a bowel movement. The cup may shift position throughout the day. Don't panic if you have trouble reaching it. Flex your pelvic muscles as if you're urinating to gently move it lower. Don't use any foreign object to remove the cup; doing so may hurt you. If the pelvic floor exercise doesn't work, give it time, and the cup should move down on its own. If you have difficulty removing the cup and it has been inside your body for more than 12 hours, immediately seek medical attention to assist in removal to reduce the risk of Toxic Shock Syndrome (TSS).

HOW IT WORKS

The FitCup is placed in the lower vagina, below the cervix, to collect menstrual flow. It's held securely in position by a seal created by your vaginal walls, which will hold the cup so comfortably that you'll barely feel it! Trust us, with the FitCup Menstrual Kit, period protection has never been easier!

Good cup sanitizing and cleaning practices not only keep us safe, but also help avoid odors and discoloration. This is how to keep your FitCup CLEAN and achieve menstrual cup success:

Sanitizing before & after your period: Before first use at the start of your cycle and at the end of your period, sanitize your cup by placing it in a pot of boiling water for 5-10 minutes. Alternatively, you can place the FitCup in the included Sanitizing Case, fill it with boiling water so the cup is fully submerged, and then let it sit for 10 minutes. After that, discard the water and allow the FitCup to cool, at which point it's ready to use or store in its case until next time. As long as you properly sanitize with boiling water, you don't need to use soap to wash the cup. To minimize the risk of contamination, thoroughly dry the cup and store it in the Sanitizing Case between uses.

Cleaning during your period: To keep your cup clean throughout your cycle, rinse it with clean, potable water every time you empty your cup. After that, it's all ready for reinsertion. Your case makes this easy, even when using a public bathroom. Empty. Rinse. Repeat.

To remove the cup, first, wash your hands with soap and clean water. Then, squat or sit on the edge of a toilet and relax your muscles. Insert your thumb and index finger to find the stem and guide the cup closer to the bottom of the vagina. Don't panic if you can't immediately feel the cup. It's not lost, it has simply shifted up, which happens occasionally. When this occurs, gently flex your pelvic floor muscles (like you do when you urinate) until you can grasp it. Pinch the ribbed area to break the seal. Avoid pulling the cup out only by the stem only; rather, be sure to grasp from the ribbed area. Slowly remove from inside the body, keeping the cup upright to avoid spillage. Empty contents into the toilet. There is a remote chance that failure to break the seal prior to removal can result in harm to the pelvic floor including prolapse.

⚠ CAUTION

Never clean your FitCup or Sanitizing Case with any kind of soap containing colors or fragrances, as these can cause irritation

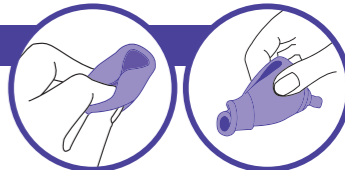
1. BEFORE USE



IMPORTANT: Sanitize the cup (See Step 6) at the beginning and end of each cycle. Always wash your hands with soap and water before handling the cup. Check that all 4 air holes around the top are fully open. You may choose to rinse the cup with clean water immediately before use – a wet cup can be easier to insert. Take a comfortable position (sitting or squatting).

2. FOLD

There are many ways to fold a cup!
These are our 2 favorites:



Option 1: Flatten the cup and then fold in half to form a C shape.

Option 2: Place your finger on the rim and press it down to form a cone shape.

3. INSERT

Keep the cup folded and gently guide it rim first into the vagina, far enough so that the stem is fully inside. To position the cup, insert your thumb and index finger and grasp the ribbed area. Then, slightly rotate the cup to ensure it's fully open and that suction has occurred. If the cup is correctly positioned, you should hardly feel it and it should not leak. After insertion, run a finger around the cup rim to ensure there is no longer a bulge from the fold, then rotate and/or pull gently to verify suction. If you notice leakage, try inserting the cup a bit higher or slightly rotating it to redo the seal.

4. WEAR

Empty the FitCup 2 to 4 times a day, depending on your flow. It's safe to wear the FitCup for up to 12 hours, including overnight. It can be used at any time during your period, from heavy to light flow days. When properly inserted, the cup should be comfortable while you go about your daily activities, and it should never hurt you.

6. SANITIZE & CLEAN



5. REMOVE & EMPTY

