

WHICH SIZE?

Choose the right size for you following the simple guidelines below:

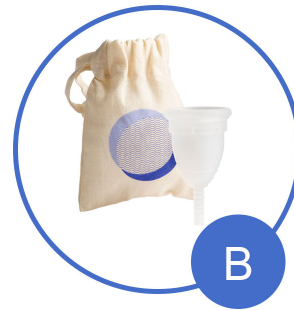


Choose **Size A** if you:

Are 30 and over

OR

Have given birth vaginally whatever your age



Choose **Size B** if you:

**Are under 30 & have not given birth
vaginally**

HOW DO I USE IT?

Below you'll find some general information on Mooncup® use. Each Mooncup menstrual cup comes with a comprehensive usage guide with full instructions on use and care of your Mooncup.

INSERTION

The Mooncup is folded for insertion



and is worn as low as it will comfortably sit in the vagina.

REMOVAL

Remove and empty the Mooncup every 4 to 8 hours depending on your flow. The Mooncup is then simply rinsed out or wiped, and reinserted. It can be cleaned more thoroughly between periods. As with tampons, it's important to have clean hands when removing and inserting the Mooncup.

HOW DO I USE THE MOONCUP IN A PUBLIC TOILET OR AT WORK?

Wash your hands at the sink and then either:

- take a small bottle of water into the toilet cubicle with you, empty your Mooncup into the toilet bowl, rinse with a small amount of water and re-insert; or
- wipe the Mooncup with toilet paper and re-insert.

Remember, because the Mooncup tends to hold more menstrual blood than tampons or pads you may not need to empty and reinsert it as often as you would change your conventional sanitary protection.

ADVICE SERVICE

Mooncup Ltd offer a friendly advice service run by medical health professionals who are happy to help with any Mooncup usage questions or problems: advice@mooncup.co.uk Tel: **+44 (0)1273 673845**