

Intstruction Sheet New

BEFORE USING YOUR CUP FOR THE FIRST TIME:

1. Wash your Vida cup with warm water and mild soap
2. Practice folding your Vida cup
3. Read and follow the insertion / removal instructions

** Some women choose to boil their cup before the first use and between periods. Fill a pan with plenty of clean water. Bring to boil and let your cup float for 5-7 minutes while ensuring that the cup does not touch the bottom of the pan. You can use a pair of tongs to keep your cup in place and to remove it from the boiling water. Let your Vida cup cool down before using it.*

When to Empty the Cup

The Vida Cup must be emptied, washed and reinserted at least 2 times a day (twice in a 24 hour period) and can be worn overnight without concern of leaking. Most women need only to empty it in the morning and again in the evening.

By monitoring the fullness of the cup over a couple of cycles, you will quickly learn how often to empty it according to your specific needs. Most women find that the cup is not even half full after 12 hours. For those with heavier flows, the cup is simply emptied more often.

If you have a fairly regular cycle, you may insert The Vida Cup right before your period to avoid spotting.

INSERTING VIDA CUP

WASH Using warm water and mild soap, wash your hands and cup under clean running water

FOLD Choose a folding method and fold the cup

RELAX You can stand, squat, sit, or raise one of your legs. Hold your cup firmly and guide it towards your vagina

SEPARATE Relax your pelvic muscles and gently separate your labia with your other hand

INSERT Guide your cup into your vagina, pointing it upwards toward the base of your spine. Try to keep the cup folded until the cup body is entirely inside of your vagina

RELEASE Gently release the folded cup – the cup will pop open and create a sealing suction

CHECK Run a finger along the base of the cup to ensure that it has opened completely – if you feel any folds, hold the base of your cup and gently rotate it until it opens completely and creates a sealing suction

ROTATE Gently hold the base of the cup, not the stem, and try to rotate it from side to side to ensure it is sealed

REMOVING THE VIDA CUP

WASH Using warm water and mild soap, wash your hands

RELAX You can stand, squat, sit, or raise one of your legs, sitting on the toilet seems to be the most popular method . Being relaxed is essential for the removal of your cup

LOCATE Insert your fingers into your vagina and locate the base of your cup – if you cannot reach it, gently pull on the stem until you feel the cup body’s grip rings

PINCH Once you feel your cup, pinch the bottom in order to release the sealing suction, if this fails, gently slide your finger up to the rim and this will release the suction

REMOVE Shimmy your cup from side to side while guiding it out of your vagina. Keep it upright to avoid spills

EMPTY Empty your cup in the toilet or sink. When wet, your cup can be slippery, hold it tightly while emptying

WASH Using warm water and mild soap wash your cup. If in a public toilet, bring a bottle of water to rinse your cup – once convenient clean thoroughly

RE-INSERT OR STORE Once empty and clean, re-insert your cup as outlined in the Inserting Section section of this manual. If your period is finished – store your cup in its original cotton bag or any breathable container

Pic 1 : Flatten cup once to begin the folding process

Pic 2 : C-fold or Heart Fold...is the basic fold that most women use. Be patient and wait for the cup to pop open, trust us, it will.

Pic 3 : Preparing for Punch Down Fold

Pic 4 : Punch Down Fold or Shell Fold...is a folding method favoured by our younger customers. The cup is smaller to insert but depending on unique anatomy this fold might take a few tries to get open.

Pic 5 : 7 Fold or Triangle Fold...is a nice fold if you're having 'cup insertion challenges.'