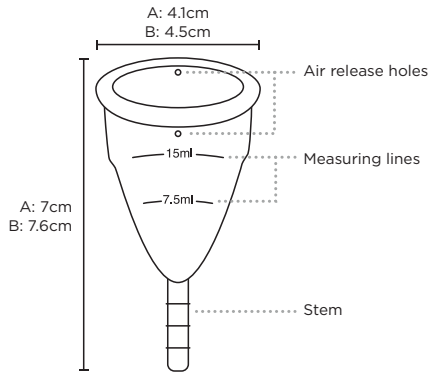


Thank you for choosing the Kegel8 Menstrual Cup. Please take your time to read through this instruction manual prior to using your cup.

The information and advice provided in this user manual is not recommended as medical advice. If you have any gynaecological or medical concerns, we advise you to consult your medical practitioner prior to using the Kegel8 Menstrual Cup.

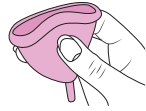


Getting Started

Learning how to use your Kegel8 Menstrual Cup can take some practice, but the more you use it, the easier it will become. It is important that you clean your Kegel8 Menstrual Cup before and after each use. Before initial use, ensure you thoroughly clean your cup using a gentle cleanser such as the Kegel8 Menstrual Cup Cleaning Spray, and thoroughly wash your hands with soap and warm water.

How to Insert Your Kegel8® Menstrual Cup

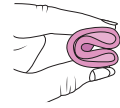
Folding Instructions



a. Hold the base of your cup.



b. Flatten the opening and fold the cup in half into a 'C fold'.

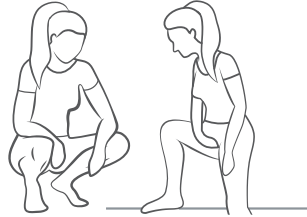


c. Hold the cup firmly and relax your vaginal muscles before inserting.

How to Insert your Cup

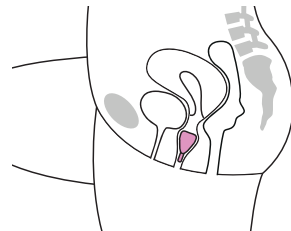
It's very important that you relax your muscles when inserting your cup to ensure maximum comfort.

1. Find a comfortable position for inserting your cup:

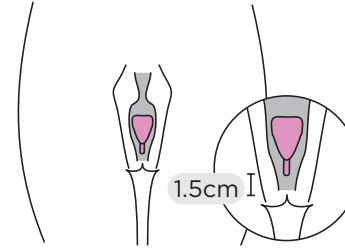


2. Insert the folded cup into your vagina, removing your fingers to allow a seal to form. You may feel a slight suction when the cup opens and the seal has been formed.

3. To check that the cup has opened fully, hold the stem and give a gentle pull. If you feel some resistance then you're good to go! You can also rotate the cup to encourage it to unfold, or squeeze your pelvic floor muscles.



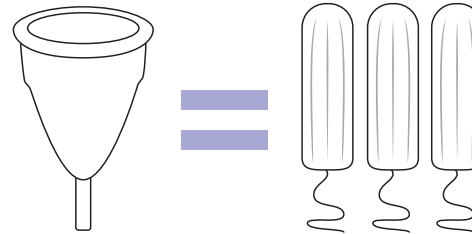
4. If needed, trim the stem so that it does not appear outside of the vagina, as this can irritate and snag on your underwear. Only trim the stem when the cup is not in use. We recommend trimming only small bits at a time, to ensure the stem is still easy to grip from the entrance to the vagina. The end of the stem should sit about 1.5cm above the entrance to the vagina.



Wearing your Kegel8® Menstrual Cup

You can wear your Kegel8 Menstrual Cup for up to 12 hours at a time, so you can leave it in place all day or all night. If you have a heavy flow, you may need to empty it more often.

We recommend that you remove and empty your Kegel8 Menstrual Cup several times a day when you first begin using it, so you can learn what your average flow is.

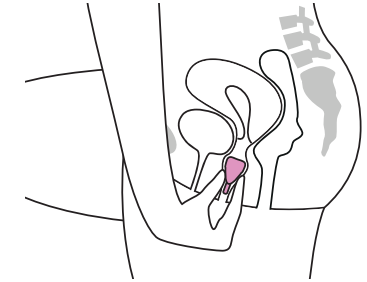


The Kegel8 Menstrual Cup is able to retain more liquid than 3 super tampons!

Removing your Kegel8® Menstrual Cup

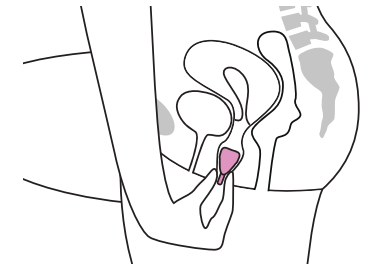
To remove your cup, wash your hands and position yourself in a slight squat, just bending and separating your knees far enough to get access, ideally over a toilet.

1. Relax your body and use your vaginal muscles to gently push the cup down. Grip the stem, slowly pulling downwards.



2. Once you can feel the base of the cup, softly squeeze it to release the seal. If you have difficulty freeing the seal, gently move the cup from side to side.

3. Gently pull down on the cup to fully remove it. Make sure to keep it upright to avoid spills.



4. Discard your menstrual fluid into the toilet, wash your cup, and reinsert or store (see Caring for Your Kegel8 Menstrual Cup overleaf for more information).

If it is not possible to clean your cup, you may reinsert it without washing as long as your hands are fully clean.

Caring for Your Kegel8® Menstrual Cup

Regularly cleaning and storing your Kegel8 Menstrual Cup properly will ensure that it gives you extended protection. Generally, we recommend that you change your Kegel8 Menstrual Cup every year.

Wash your Kegel8 Menstrual Cup before and after each use with either Kegel8 Menstrual Cup Cleaning Spray or mild soap and hot water.

Rinse thoroughly to remove any soap or cleaner residue as this can cause irritation after insertion. For a more thorough clean, boil your cup as frequently as you like.

Kegel8® Tip:

The Kegel8 Menstrual Cup Cleaning Spray comes in a handy, refillable, travel size bottle, meaning you can keep it in your handbag and be prepared wherever you go!

Storage

We recommend that you store your Kegel8 Menstrual Cup in the provided cotton pouch.

Caution: Please do not use vinegar, harsh cleaners, petroleum-based substances, tea tree oil, alcohol, or bleach to clean your Kegel8 Menstrual Cup.

If you have any questions, please contact:

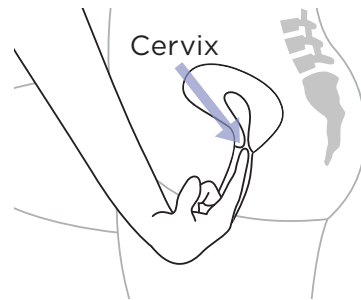
info@kegel8.co.uk

01482 496932

Kegel8®'s Top Tips

- Wear a panty liner to avoid damage from leaks until you are 100% confident using your Kegel8 Menstrual Cup.
- Use a water-based lubricant, such as Kegel8 KE GEL Kegel Exercise Lubricant, to ease insertion.
- Our bodies are all different, as are our cervixes. Your cup should be placed just below the cervix, if not, you may leak.

Locate your cervix with your finger; you will feel a slightly firmer area of tissue in the vaginal canal, position your cup under this.



- You're not going to be a pro straight away, so practice inserting, wearing, and removing your cup before you get your period.

Avoiding Accidental Leaks

In order to avoid spotting or leaks, be sure that a seal is formed between your body and the Kegel8 Menstrual Cup.

You can do this by:

- Wiggling the cup up and down, back and forth.
- Rotating the cup slightly left or right.
- Gently running your finger around the cup to confirm it's open.
- Lightly pulling down on the cup; if it doesn't move, the seal is formed.

Frequently Asked Questions

Q: Which cup size do I need?

A: Size A is recommended for women who have never given birth and/or are under 30. Size B is recommended for women who are over 30 and/or have given birth; this means any full-term delivery including C-section.

Q: How long will my Kegel8 Menstrual Cup last?

A: The material of your cup can last up to 10 years if you care for it properly. You should replace your cup if it is damaged or produces a smelly odour. Generally we recommend replacing your cup after 1 year.

Q: What happens if I leave my cup in for more than 12 hours?

A; You should remove your cup after 12 hours of use, however if this is not possible you should remove the cup as soon as you can to prevent the risk of developing Toxic Shock Syndrome. You can develop this if you wear your tampons or menstrual cup for too long.

Q: Can I use my Kegel8 Menstrual Cup if I have an IUD fitted?

A: Yes, you can use the Kegel8 Menstrual Cup if you have an IUD fitted! It sits much lower.

Q: When removing my Kegel8 Menstrual Cup, will I get blood on my hands?

A: It is likely that you will get menstrual fluid on your fingers when removing your cup, but not too much more than when removing a tampon. For advice, follow our guide for removing your cup.

Q: Can I use the toilet whilst using my Kegel8 Menstrual Cup?

A: Yes! You can urinate and pass bowel movements whilst using your cup. Plus, unlike tampons which have a string that can end up soaking up unwanted fluids, using the cup is a lot more hygienic.

Q: Can I perform sports whilst using my Kegel8 Menstrual Cup?

A: Yes, you can! The softness of the cup material means that you won't feel it whilst it's inserted, giving you comfortable, leak-free protection.

An online version of this document is available at www.kegel8.co.uk

Warnings and Recommendations

The Kegel8 Menstrual Cup is not a contraceptive device and will not protect you against pregnancy and/or sexually transmitted diseases. Please remove your Kegel8 Menstrual Cup prior to intercourse.

Discontinue use and contact a medical practitioner if you experience any pain or discomfort whilst using the Kegel8 Menstrual Cup.

Keep out of reach of children and animals.

Replace your Kegel8 Menstrual Cup if you notice any cuts, punctures, or oily film forming. Slight discolouration may be normal and occur over time. Any discolouration that may occur will not affect the effectiveness or safety of the Kegel8 Menstrual Cup. In between periods you can soak your cup in sterilisation solution to remove discolouration.

Do not expose your Kegel8 Menstrual Cup to open flames.

If you have any further questions or concerns, and wish to find out more information about Kegel8® products, please visit www.kegel8.co.uk or send an email directly to info@kegel8.co.uk

Disclaimer: Users of the Kegel8® Menstrual Cup do so at their own risk. Neither Kegel8® nor its retailers assume any responsibility or liability for the use of the Kegel8® Menstrual Cup.

Model may be changed for improvements without notice.