

Fleurcup

Thank you for purchasing the Fleurcup menstrual cup, offering hygienic reusable protection for women during their menstrual cycle.

Fleurcup and the pouch (optional) are made in France.

Before using Fleurcup, we recommend that you read the present guide carefully.

Keep the guide in a safe place for future reference.

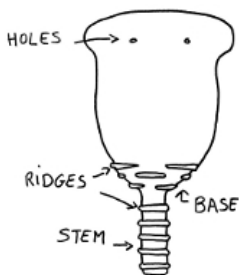
If you have any additional questions, please visit our web site at

www.fleurcup.com and/or contact us by e-mail : serviceclient@fleurcup.com.

Before using for the first time

Before using the Fleurcup menstrual cup for the first time, **sterilize it**. To do this:

- Carefully wash your hands.
- Fill a pan with sufficient water for the menstrual cup to float on the surface.
- Bring the water to boil.
- Put the menstrual cup into the boiling water.
- Remove after 3 to 5 minutes.



During your period

Inserting the Fleurcup menstrual cup

- Wash your hands and the menstrual cup carefully.
- Pinch and fold the menstrual cup into a C shape.
- Separate the labia, keep the menstrual cup folded and insert the cup into the vagina towards the direction of the small of your back, not towards your head, until the base of the menstrual cup is about one centimetre from the entry of the vagina.
- Once the menstrual cup is inserted, it will unfold by itself.

To check that the menstrual cup is correctly positioned, hold the base of the menstrual cup (just above the stem) and rotate it. If it turns, it is correctly positioned. If not, re-position it.

Other folding methods are presented on our web site www.fleurcup.com to enable you to find the method that suits you the best.

Removing the Fleurcup menstrual cup

The menstrual cup should be emptied in relation to your flow and at least every 12 hours.

- Wash your hands carefully.
- Follow the stem to the base of the menstrual cup.
- Pinch the base of the menstrual cup or slide your index finger between the vaginal wall and the side of the menstrual cup in order to interrupt the suction effect.
- Remove the menstrual cup gently, taking care not to spill the contents.

Cleaning the Fleurcup menstrual cup

- Empty the menstrual cup.
- Rinse the menstrual cup with cold drinking water.
- Clean the menstrual cup, ideally with warm water and a perfume free,

gentle soap so that this does not damage the menstrual cup, not forgetting the holes.

- Rinse thoroughly.

If you do not have access to drinking water, you can use toilet paper or a handkerchief to wipe the menstrual cup but not forgetting to wash it as soon as possible.

You may also wish to carry a small bottle of water for rinsing the menstrual cup.

- You can now reinsert it.

After the first few times

If the menstrual cup is not fully comfortable

- The menstrual cup is positioned too high or too low. Try to use different folding techniques for insertion, these are explained with animations on our web site: www.fleurcup.com.
- The stem is too long. In this case, remove the menstrual cup and cut a small length off the stem with a pair of scissors, taking care not to damage the base of the menstrual cup (which would render it useless) until the stem is no longer a problem. Generally speaking, for optimal comfort, the stem should never go beyond the vagina.

If you observe leaks :

- The menstrual cup is incorrectly positioned. If this is the case, after insertion, check that it has fully unfolded by rotating it or sliding your finger around the exterior of the menstrual cup.
- You have the Small Size Fleurcup but need the Large Size Fleurcup menstrual cup.

If you have difficulty in getting hold of the menstrual cup

- Don't panic, relax.
- Take up a squatting position or sitting on the toilet.
- Push as if for a bowel movement and the menstrual cup will descend naturally.
- You can then take hold of the menstrual cup and remove it.

At the end of your period

- Clean the menstrual cup carefully.
 - Dry it.
 - Store it.
- Never store the menstrual cup in a plastic bag or an airtight box.
Between cycles, remember to sterilise the menstrual cup.

More about Fleurcup

- The Fleurcup menstrual cup and the pouch (optional) are made in France.
- The Fleurcup menstrual cup is made 100% out of medical silicone.
- The Fleurcup menstrual cup has a lifespan of several years if it is well maintained.
- The volume for the Small Size is approximately 20ml and the large size is approximately 29ml.
- The Fleurcup menstrual cup can be used by virgins and by women with an IUD or a diaphragm.
- The Fleurcup menstrual cup can be used at night and also during sports activities, even swimming.

Important

- For any special uses of the menstrual cup, please consult your gynaecologist before use.
- In the event of burning sensation, irritation, genital or vaginal inflammation or discomfort when going to the toilet or in the event of any other symptom, remove the menstrual cup immediately and consult your doctor.
- The menstrual cup is not a means of contraception and does not offer protection against sexually transmissible diseases.
- It is not necessary to remove the menstrual cup to urinate or defecate.
- If you observe that your menstrual cup is damaged in any way, we recommend replacing it.
- The stem should not be used for pulling on to remove the menstrual cup. It is a guide to the base of the menstrual cup for removal.
- Remember to remove the menstrual cup prior to sexual penetration.
- Over time, the menstrual cup's colour may fade slightly, but this does not affect its performance.
- Keep out of the reach of children and animals.
- The menstrual cup must not be washed in a dish washer or with corrosive products.
- Fleurcup cannot be held responsible for prejudice arising due to incorrect care or use of the menstrual cup or for non respect of the user recommendations provided in the present guide and on its web site.

Warning

Toxic Shock Syndrome (TSS) is a rare but occasionally fatal illness affecting men, women and children and is caused by a bacterial toxin.
This illness has been associated with the prolonged use of tampons and their high levels of absorption.
It is characterised by symptoms which are similar to flu: a sudden, high fever, vomiting, diarrhoea, dizziness, skin rashes similar to sun burn, fainting... these symptoms can develop during the period or a few days afterwards. If you observe any of these symptoms while wearing the menstrual cup, remove it and consult a doctor immediately.
The use of the menstrual cup has never, to the present day, been associated with TSS.
If you have already suffered from TSS, do not use the menstrual cup.