



Updated Mooncup Policy on Sterilisation and Cleaning (December 2006)

At Mooncup Ltd., we aim to constantly expand and adjust our service according to the needs of our customers. We work closely with Mooncup users through our advice and support facilities, and place great value on the customer feedback we receive, ensuring that we offer the best possible advice.

Many women have reported difficulties with sterilising their Mooncups every month. These included problems whilst travelling, living in shared accommodation and finding the time to sterilise with busy lives!

Although sterilisation of the Mooncup between periods has always been a precautionary measure, early feedback suggested that being able to boil or otherwise sterilise it instilled users with a greater degree of confidence in the product. Mooncup Ltd., therefore, continued to recommend sterilisation.

Following a recent survey of long-term Mooncup users, we found that very few women actually sterilised their Mooncup every month, if at all. We concluded that the wording of our policy on cleaning had been too prescriptive in the past, and that it should be altered to better reflect the way in which women actually use their Mooncups. We have therefore decided to amend our Usage Guide and other literature to emphasise that sterilisation is not mandatory but is a matter of choice for women who use the Mooncup.

All Mooncup users are advised to remember the importance of good hand hygiene when inserting or removing the Mooncup or any intra-vaginal device, and to keep the Mooncup clean during your period by washing with unperfumed soap. However, when deciding whether or how often to sterilise your Mooncup you may wish to consider the following:

- Other intra-vaginal devices, such as tampons and all types of the contraceptive cap, do not need sterilising.
- Other menstrual cup manufacturers do not advocate monthly sterilising – a decision endorsed by the F.D.A (the American Food and Drug Administration).
- The vagina is self-cleansing. It is home to ten trillion lactobacilli, a type of good bacteria that produces an acidic environment and prevents the development of harmful bacteria. Other defences and barriers used by the vagina include cervical mucous, white blood cells and vaginal secretions. White blood cells are part of the vaginal immune system.

Please do not hesitate to get in touch with us if you have any questions about this, or any other aspect of Mooncup use.

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