

## Guidelines for removing your Mooncup

### [You will be able to remove your Mooncup comfortably by following these simple instructions.](#)

- ❖ Remember the Mooncup cannot be lost in your body - the vagina is a pouch that has an end to it.
- ❖ There is no URGENCY and the Mooncup does not need to be immediately removed.
- ❖ It is very important to take your time and relax your vaginal muscles, as these are particularly sensitive to stress and will clench up around the Mooncup.
- ❖ Please always remember to wash your hands before inserting and removing the Mooncup.

### Relaxing yourself

- ❖ Being able to relax yourself and your vaginal muscles will be the key to your success, so take the time to relax.
- ❖ What techniques do you use when you try and relax? You can begin by doing the exercises that you are used to.
- ❖ You could also try some deep breaths. Breathe in gently through your nose and out of your mouth. Do this at least 15 times.
- ❖ Another excellent way of relaxing your vaginal muscles is to concentrate on dropping and relaxing your jaw. Again take some deep breaths, focus on your jaw and let it drop down comfortably. Try and keep it relaxed.
- ❖ Maybe even take the time to have a shower or bath. (This will relax you and also make your vagina more lubricated.)
- ❖ Using lavender oil in the room/bath can be very relaxing.

### Getting into a good position

- ❖ Squatting makes the vaginal canal shorter, so this is an excellent position for removal.
- ❖ Get right down towards the ground with your legs apart.
- ❖ If you prefer, you can sit on the toilet with your legs apart, or adopt another position that you find comfortable with your legs wide apart.
- ❖ Take your time, breathe, relax your jaw and focus gently on your pelvic area.

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### The pelvic area

- ❖ The pelvic area is situated between your vagina and anus. If you are unsure where this is think of the muscles you would use if you were trying to stop yourself passing urine or opening your bowels to pass a motion.

The following are problems that have been experienced by other women. Identify which one(s) are yours and follow the guidelines.

### Problems removing the seal

- ❖ Check that the little holes around the top rim of your Mooncup are not blocked.
- ❖ Sometimes menstrual blood can become lodged in the holes and this would create an uncomfortably strong suction.
- ❖ If you think they are blocked, put a pin through each one to ensure they are cleaned out; you can slightly stretch the holes by circling the pin within them.

### The seal

- ❖ Adopt a comfortable position and relax as above.
- ❖ Insert your clean index finger and squeeze the base of your Mooncup to release the seal. Just push the wall of the Mooncup in, this should be enough for the seal to be released and the Mooncup to fold down and come out easily.
- ❖ If this does not seem sufficient to release it, then squeeze the Mooncup a little higher up.
- ❖ You can also slide a finger up to the rim of your Mooncup and release the seal by hooking your finger over the rim. Once the seal is released, your Mooncup should come away. Remember if this does not happen easily, go back to removing it later.

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### Removal discomfort due to rim

- ❖ Adopt a comfortable position and relax as above.
- ❖ **Angling your Mooncup:**
- ❖ Use your finger(s) to fold in one side of the rim as you remove your Mooncup.
- ❖ It is important to angle your Mooncup from side to side, or front to back, as you remove it, so that only one edge of the rim is removed, followed by the other edge.
- ❖ Go slowly, with time and practice you will find the Mooncup very easy to remove.

### If you cannot reach your Mooncup to remove it

- ❖ **Pelvic floor removal method:**
- ❖ Adopt a comfortable position and relax as above.
- ❖ Find your pelvic and vaginal muscles (see above) and gently bear/push down.
- ❖ Use a sequence of small, downward pushes. Try to be gentle and slow.
- ❖ Remember keep breathing!
- ❖ As each small push is released, it can feel as though the Mooncup is rising up again, but trust your muscles and after about 5 to 8 small motions (sometimes more) the Mooncup will be low enough to be able to reach the stem or bottom of the Mooncup, to release the seal and remove it.
- ❖ If you start to feel tense, just leave it and try again later.

Please do not hesitate to contact Mooncup advice on [advice@mooncup.co.uk](mailto:advice@mooncup.co.uk) or call (+ 44) 01273 355 022



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