

Below you will find some tips on possible causes of leakage. Check the points below to make sure you're doing everything right, and don't hesitate to contact me if you've got any questions or still experience problems. Each Mooncup comes with a Usage Guide booklet; a copy of this is also included below for your reference.

1. Leakage due to positioning

The most common cause of leakage is positioning the Mooncup too high. The Mooncup is designed to sit low in the vagina (unlike tampons which are worn much higher - near the cervix). The base of the Mooncup (onto which the stem is attached) should sit just inside the vagina. The correct position is illustrated in the Usage Guide (entitled 'the Mooncup sits lower than a tampon'). If you are positioning the Mooncup correctly, but finding it is rising up or moving around, check the guidelines below, particularly those about correct seal formation.

2. If the stem of the Mooncup is outside the vagina

The entire Mooncup should be worn inside the body. The stem is long to account for women's different length vaginas, and is designed to be easily trimmed if necessary. If the stem of your Mooncup is outside of the vagina then it may be causing you discomfort and/or leakage: instructions on trimming your Mooncup can be found in the Usage Guide.

Most women will trim the stem, and some find they need to cut it off completely. To remove your Mooncup with little or no stem, you can use your pelvic floor muscles: take your time, breathe, relax your jaw, and focus gently on your pelvic area. Then, using your pelvic floor muscles gently bear down. Five or six gentle downward pushes will bring the Mooncup to a position in which the seal can easily be released and the Mooncup removed.

NB: For women with longer vaginas, the stem can be useful to 'balance' the Mooncup, so only trim it if it's sitting outside your vagina!

3. leakage due to poor seal formation

The Mooncup works by creating a light seal with the vaginal wall. If this seal is not formed properly, your Mooncup may move around and cause leakage. This can happen for the following reasons...

...the Mooncup does not open fully when it is inserted

To check your Mooncup is fully open, insert your finger into your vagina and run it around the sides of the Mooncup. If it is not fully open, it will still be

folded in parts, feel uneven and easily move when pushed against with your finger. You can solve this by:

- Twisting the Mooncup round, or pulling it down slightly and then gently pushing it back upwards again.
- The Mooncup dance! Move your hips, jump up and down and clamp your vaginal muscles around the Mooncup
- You may also find that changing folding methods can encourage the Mooncup to open fully. Two options are described in the Usage Guide, and there are some clear pictures at <http://femchoices.blogspot.com/2005/07/methods-to-insert-menstrual-cup.html>

...the tiny holes round the rim of the Mooncup are blocked

Every Mooncup has 6 tiny holes just below the rim, which help to maintain the seal. If these get blocked, it can prevent a good seal from forming. To clear the holes:

- Fill the Mooncup with water, place your hand firmly over the top and squeeze the base. The resulting pressure will unblock the holes as the water squirts out
- You can also use water and a clean pin to unblock the holes

4. reduced pelvic floor tone

If you have recently had a child, or had a child which involved a long second stage of labour, ventouse or forceps delivery, your pelvic floor tone may be reduced. This can also occur with ageing. Reduced pelvic floor tone may prevent the Mooncup from being held properly in place by the vaginal wall. Reduced pelvic floor tone can be recognised by occasional leaks of urine when sneezing, laughing or coughing and remedied by Kegel toning exercises (see attached sheet for more information)

5. you have the wrong size Mooncup

The Mooncup is made in two sizes to account for differences in pelvic floor tone. The difference between the two sizes is small (3mm) but crucial. Check the table below to make sure you bought the right size:

Have I had children?	I am under 30yrs	I am over 30yrs
No	Size B	Size A
Yes, a vaginal birth	Size A	Size A
Yes, by Caesarean	Size B	Size A

You can check the size of your Mooncup by looking in the base of the cup. Hold your Mooncup up to the light and you will see an 'A' or a 'B' stamped in the bottom.

If you have followed the guidelines but think the size is wrong for you, please contact me as there are exceptions to every rule! In some cases, for example, women under the age of 30 who have not given birth may find that the size 'A' works better for them. My email address and phone number are below.

Hope this helps! Please don't hesitate to get in touch with me again if you have any questions or continue to experience problems.

Best wishes,

Cathy

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welcome

Thank you for choosing to use the Mooncup®. The Mooncup is a reusable menstrual cup made of medical grade silicone. It is designed to be folded and inserted into your vagina for collecting your menstrual blood. Once inside, it opens up and sits lower than a tampon. It is held in place by your vaginal muscles. The Mooncup is intended to be emptied, rinsed and reinserted every 4 to 8 hours. It can be used safely overnight and when travelling, swimming or exercising.

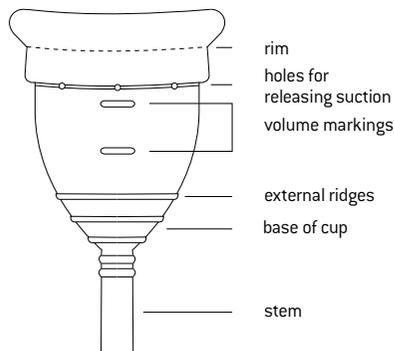
Learning to insert and remove your Mooncup can take a little practice. It will become easier with repeated use and greater familiarity with the vaginal area. The best time to practice is the last two days of your bleeding. Give yourself plenty of time and remember to relax!

The Mooncup is suitable for use from your first period, however it should be noted that younger women and women with a hymen may have difficulty with insertion and are advised to use a little water based lubricant.

The many thousands of women who use and love their Mooncup all started out as beginners. If you have any queries, please contact Mooncup advice on +44 (0)1273 673845 or email advice@mooncup.co.uk. Alternatively you may find the answer on the FAQ page of our website www.mooncup.co.uk.

Please support us in making a difference to women's lives and our planet by talking to women you know about the Mooncup. Contact us if you would like some leaflets and stickers to hand around, or send women an email with our website address on it. The more women that use the Mooncup the less tampons there are in the sea!

Thank you.



how to insert your Mooncup



Clean your Mooncup before first use (see section entitled 'cleaning & care')



Wash your hands with warm water and soap and rinse them thoroughly with clean water



Find a comfortable sitting, standing, squatting or kneeling position



It is easier to insert your Mooncup wet

choose the fold that suits you best

Folding technique 1



Folding technique 2



the Mooncup sits lower than a tampon

Once folded, hold onto the Mooncup firmly with your finger and thumb as low down the cup as possible whilst keeping it folded. With the other hand, part the labia (folds of skin around the vagina), find the entrance to the vagina and guide the Mooncup up and towards your back.



Position of Mooncup



Position of tampon

how to remove your Mooncup a squatting position shortens the vagina and makes removal easier



Empty your Mooncup every 4 - 8 hours



Wash your hands with warm water and soap and rinse them thoroughly with clean water



Sit on the toilet or squat to remove your Mooncup.



Pull gently on the stem until you can reach the base of the Mooncup

If you cannot reach the stem, 'push down' with your vaginal muscles until you can grasp the base of the cup. For further information on using your vaginal muscles refer to the 'troubleshooting' section.

ensure that you release the seal before removing

To release the seal, either:



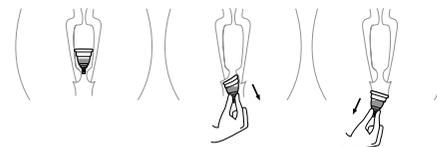
Gently squeeze the base of the cup

OR



Insert a finger alongside the Mooncup

You may hear the seal release and the Mooncup should then come easily away from the wall of your vagina.



Empty the contents of your Mooncup into the toilet, rinse and reinsert.

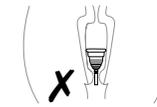
how to trim the stem of your Mooncup no part of the stem should be outside your vagina

Most women find that the stem is too long. It is intended that you should trim it so that the end of the stem sits just inside your vagina.

It is important to take the time to get this right as you can make your vaginal entrance sore if the stem is too long.

Some women remove the stem completely. Only do this if you are confident you can remove your Mooncup without it.

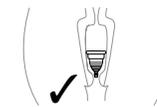
If you find that the Mooncup is uncomfortable when sitting or walking, or pinches the vaginal opening, then you probably need to remove a little more of the stem.



If the stem sits outside the vagina, you will need to trim the stem



REMOVE your Mooncup from the vagina and use clean scissors or nail cutters to trim



Trim a little at a time and reinsert to check for comfort

cleaning & care of your Mooncup

with the proper care, cleaning and storage your Mooncup will last for years

It is very important to keep your Mooncup clean. Wash it regularly with mild soap and hot water and ensure that you remove any soap residue as this may cause irritation to your vagina. Use a soft brush to clean the ridges. Turn the Mooncup inside out to clean if necessary.

The tiny holes below the rim of your Mooncup help to release the seal. Make sure you keep these clear - use a pin if necessary.

If you are in a public toilet take a small bottle of water in with you to rinse your Mooncup, or simply empty and reinsert. Ensure you wash your Mooncup more thoroughly at the next convenient time. When travelling overseas always use drinking water to clean your Mooncup.

Over time, your Mooncup may become discoloured but this will not reduce its effectiveness. Discolouration can be removed by soaking in sterilising solution.

If you notice any tears, splits or any other changes in the appearance or texture of your Mooncup we recommend that you replace it.

occasionally you may wish to clean your Mooncup more thoroughly

Choose one of the following methods:

Cover fully with water and boil in an allocated pan for 5-7 minutes.
Do not boil dry!

Soak in sterilising solution (>5% sodium hypochlorite) in a small container diluted according to manufacturers' guidelines. Soak for minimal sterilisation time only (usually 7-10 minutes)

Use a steam steriliser

Never use the following as they may damage your Mooncup or cause vaginal irritation:

- X Petrol based substances such as Vaseline
- X Essential oils such as tea-tree
- X Harsh cleaners
- X Strong or scented soaps
- X Dishwasher

Storing your Mooncup

Dry your Mooncup thoroughly and store in the cotton bag provided. Do not store in a plastic bag or sealed container.

troubleshooting - leakage problems

1. Position

The most common reason for leakage is not wearing the Mooncup low enough in the vagina (see section entitled 'how to insert your Mooncup').

2. Stem

Check that you have trimmed the stem to the correct length for you (see section entitled 'how to trim the stem of your Mooncup').

3. Seal

Ensure that a seal has formed between the Mooncup and your vaginal wall by:



Running your finger around the side of the Mooncup to ensure it is fully open

OR



Pinching the base of the cup (not the stem) and rotating the Mooncup

OR



Clenching your Mooncup with your vaginal muscles

4. Holes under the rim

Check the tiny holes under the rim of the Mooncup are clear as these help to make the seal, which prevents leakage.

5. Size of your Mooncup

If you have the size B Mooncup and it continually moves around or leaks, then you may need the size A. If you find that the size A leaks, pelvic floor exercises can be very effective at strengthening the muscles that hold the Mooncup in place.

You may find that you need to use a washable pad in conjunction with your Mooncup on your heaviest day. This is still a healthier choice and is better for the environment and your budget!

troubleshooting - removal problems

relaxing is key to removing your Mooncup

If you are having problems removing your Mooncup, try not to panic - whilst the Mooncup is inside your vagina it is held in place by your vaginal muscles and being tense will only make it more difficult to remove.

The opening at the top of the vagina into your womb is only the size of a pinhead so there is no possibility of the Mooncup getting 'lost' and it is so flexible that it will not cause any damage.

Relaxing is key to removing the Mooncup so take the time to relax and re-read the instructions in the section on 'how to remove your Mooncup'. It is much easier to remove or insert the Mooncup if you are squatting.

If you cannot reach the Mooncup you will need to use your vaginal muscles to ease the Mooncup down. This is done through a sequence of slow, gentle downward pushes (rather than one long hard push). As each small push is released it may feel as though the Mooncup is rising again but keep gently pushing down and after 5-8 gentle pushes the Mooncup will move lower.

If you are still experiencing problems, please contact Mooncup advice on +44 (0)1273 673845 or email advice@mooncup.co.uk. Alternatively you may find the answer on the FAQ page of our website www.mooncup.co.uk.

The Mooncup is manufactured in the UK for Mooncup Ltd
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cautionary notes

- The Mooncup will not protect you from pregnancy.
- The Mooncup will not protect against Sexually Transmitted Diseases (STDs).
- Remove your Mooncup and contact your doctor if you experience symptoms such as general pain, burning, irritation, inflammation in the genital area or discomfort during urination.
- There is no need to remove the Mooncup for urination or bowel movements, but it must be removed before intercourse.
- We do not recommend sharing your Mooncup with another woman.

Toxic Shock Syndrome (TSS)

Menstrual cups have been in use since the 1930s and have never been associated with TSS. TSS is considered a serious and sometimes fatal disease caused by toxin producing strains of the staphylococcus aureus bacterium and has been linked to the high absorbency and prolonged use of tampons. Symptoms of TSS often mimic flu and can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, or a rash rather like sunburn during your period or some days after. If you experience these symptoms while using the Mooncup remove it and contact your doctor. Do not use a Mooncup if you have ever had TSS.