

Insertion tips

Please remember to wash your hands before attempting to insert the Mooncup.

The following tips will make insertion easier.

- ❖ Stay relaxed. If you begin to feel tense your muscles will also become tense, so just wait until you feel more relaxed - there is no hurry to get insertion right straight away. Many women take up to 3 months to become confident about inserting a Mooncup.
- ❖ Insert a finger and learn how your vagina angles up or down. Try to find your cervix. This will help you determine the angle/position best suited for your cup.
- ❖ Choose the appropriate time to start experimenting. Some women like to try before their period has started. If you decide this is the best time for you, there is more chance that you will need to use lubrication. Remember to lubricate your vagina and not the Mooncup. It will become very slippery!
- ❖ Other women prefer to try insertion on the lighter days of their period, when there is a smaller amount of menstrual blood.
- ❖ If you feel yourself begin to tense, take some deep breaths, look out of the window, or go and do another, soothing, activity for a while. Some women find that relaxing and dropping their jaw allows them to relax their vaginal muscles
- ❖ Many women find insertion easier after having a bath or shower, which helps to relax you. It also means that your vaginal canal will be more lubricated.
- ❖ It will also help if your hands are moist too.
- ❖ Try different positions, most women find squatting to be easiest way of insertion. Squat right down to the floor and relax.
- ❖ You could also try sitting with your legs wide apart, or with one leg up on a chair/toilet seat.
- ❖ Run your Mooncup under warm water before trying to insert it, or apply a very small amount of a water-based lubricant to your vagina.

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Experiment with different folding techniques - here are some examples:

This is the '7' fold. You can vary the degree of the fold with this method:



This is the 'push down' fold:

1. Push down one side into the middle of the cup with your thumb:



Or push down with your index finger:



2. Pull your index finger / thumb out of the cup and you have the following:



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Compared to an expanded OB mini-tampon:



These and other folding methods can be found on

<http://femchoices.blogspot.com/2005/07/methods-to-insert-menstrual-cup.html>

Please do not hesitate to contact Mooncup advice on advice@mooncup.co.uk or call
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