



# Menstrual Cup

Manual



# GREAT OF YOU TO PARTICIPATE!

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Thank you for purchasing the Bamboozy Menstrual Cup!

Together, we are working to reduce waste by taking small steps in our daily lives and becoming more aware of the waste we produce.

Living more consciously does not mean taking the easiest path. And it's often not the cheapest way either. It therefore requires courage.

Because if we don't do it, who will?

Thank you for that.

Together we stand strong for a better planet for each other, our children, and animals.

Please let us know if anything comes up with your order or if you have any questions, as well as for feedback and improvements.

You can always reach us at **support@bamboozy.com**, in the chat on our website, or on Facebook and Instagram under:

**bamboozy.nowaste**

# YOUR MENSTRUATION

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At Bamboozy, we understand better than anyone that every woman and menstruating person is different and, thus, has a different menstrual cycle. Therefore, a variety of high-quality menstrual products are needed, where you don't have to choose between being good for the environment or taking good care of your body during your period.

The idea behind the Bamboozy menstrual cup is to use the highest quality medical silicone.

Our menstrual cup lasts up to 5 years, which saves a lot of waste that tampons and pads generate.

Over the entire lifetime of a menstrual cup, it saves an awful lot of packaging, plastic, transportation, and certainly not to forget, money.

# HOW TO STERILIZE?

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Be sure to sterilize the cup at the start of each menstrual cycle. You don't have to do this every time you use it during your period, but you may of course do so.

After sterilizing the cup, make sure you let it cool down to room temperature before using it. And ALWAYS wash your hands before touching and inserting the sterile menstrual cup.

Here are two ways to sterilize the cup:

## **1. With the Bamboozy sterilizer.**

The Bamboozy sterilizer is a disinfection cup that allows you to easily and quickly clean your menstrual cup in the microwave.

## **2. Boiling it out in a pan**

Boiling out is equally effective. All you need is a pan!

## **How does the Bamboozy sterilizer work?**

- 1.** Unfold the sterilizer and remove the lid
- 2.** Fill the sterilizer with water to the first fold at the bottom (12 ml)
- 3.** Place the menstrual cup in the sterilizer with the stem/bottom of the cup facing upwards.
- 4.** Place the lid with a small opening on the cup (so do not close it completely).
- 5.** Activate the microwave for 1 minute on a high setting (1000W).

**6.** Remove the cup from the microwave and remove the lid (**Attention:** it may be hot!)

**7.** The cup is now completely free of bacteria and ready for use.

**8.** If you are not planning to use it immediately, place the cup in the provided cotton bag after drying.

**9.** If your microwave's maximum wattage is lower than 1000W you can let the disc sterilize longer

(ex: by 800W maximum wattage, you can leave the disc for 80-90 seconds instead of 60 seconds)



The Bamboozy sterilizer is foldable and available in our web shop or through bol.com and Amazon

### **How does boiling the cup out in a pan work?**

You can also sterilize the menstrual cup by boiling it in a pan on the stove. Let the cup float in boiling water for about 4-5 minutes.

When doing so, make sure that the cup does not touch the bottom of the pan. If necessary, you can use tongs or a colander spoon.

### **Did you get the Bamboozy deluxe Menstrual?**

You can utilize it for sterilizing your cup after filling it with water up to the visible line in the bottom of it. Additionally, it can serve as a convenient storage container in your bag for future use. Please avoid closing the sterilizer's lid while placing it in the microwave, as shown in the provided images. Wash your hands before grabbing the sterile cup.

**Note:** Please be aware that there is no need to include soap or other cleaning products when sterilizing the disc or cup in the microwave, as the sterilization process relies on the steam and radiation.

**Foldable sterilizer:**



Fill water until the first fold/line (bottom)



In microwave: do not close the lid

**Deluxe Sterilizer & Cup Set:**



Fill water until the line in the bottom

Cup bottom facing upwards

In microwave: do not close the lid

# FOLDING THE CUP

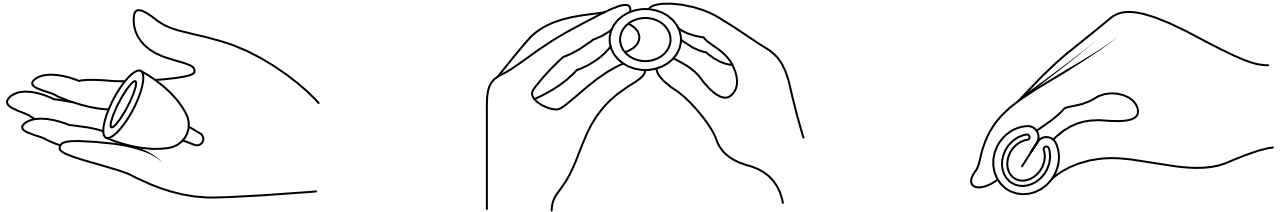
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There are different folding techniques that you can use when inserting the Bamboozy menstrual cup. We recommend the C-fold and the Punch Down Fold. You can test them out to see which one works best for you.

You may find it a little exciting or overwhelming, and it may take some time for the cup to sit properly. Don't worry, this is perfectly normal.

## 1. The C-Fold

Fold the cup into the shape of the letter C by placing your thumb and middle finger at the bottom of the cup and squeezing them together. The cup shape changes from a circle into an ellipse. Then, with your other hand, grasp the ends at the top of the cup and bend the edges together to create a C-shape.



## 2. The Punch down-Fold

Grab the cup with your thumb and middle finger. Then, with your index finger, push the top edge of the cup inward toward the bottom of the cup. The shape that this creates is sort of a triangle.



# INSERTING THE CUP

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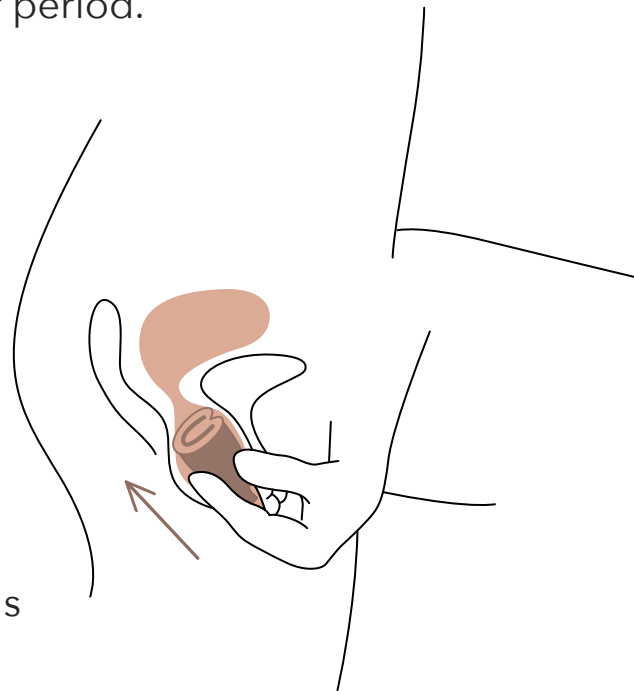
When you have chosen the folding way that is ideal for you, you are ready to insert the cup. Make sure you relax and take a deep breath.

Is this your first time using a menstrual cup? It is best to test it during the day using a panty liner or menstrual underwear. You can also practice with inserting and removing the cup outside of your cycle. **Note:** outside your period, inserting will be harder because its not as well lubricated, the cervix is also higher so removing will be harder than during your period.

You can insert the Bamboozy menstrual cup while sitting, squatting or with one leg up. With your folded cup in one hand, spread the labia with your free hand before inserting the cup.

Insert the cup with the open side slowly into the vagina. Point it *diagonally* towards your tailbone (not straight up) until the largest part of the cup is completely inside the vagina.

It does not matter if the cup unfolds before you have finish

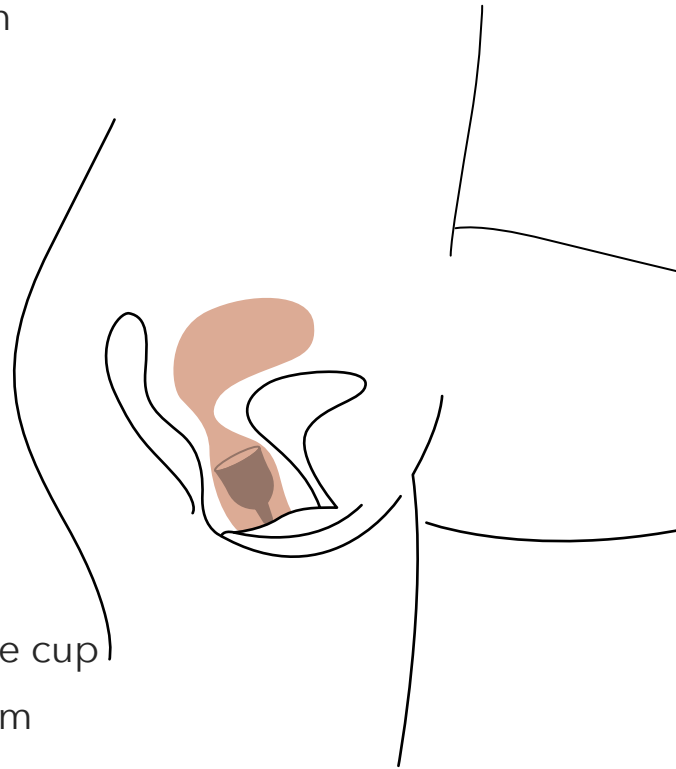




inserting it.

Every cervix has a different length, but in general we can assume that the stem of the cup will not stick out of the vagina. The cup does sit lower than a tampon. When you have inserted the cup, you can place your thumb and index finger on the cup just above the stalk and rotate the cup 360 degrees (no matter which direction).

By doing this, you can make sure that the cup has completely unfolded and it is vacuum sealed under and around the cervix and along the vaginal walls, so it will not leak.



**Attention:** Do not pull the cup hard downwards while rotating the cup, just rotate it in place to give it space to fully unfold.

### **How can you know if the cup is a good fit?**

This is and always will be a tricky one. In the beginning you will follow steps and still find that it may not sit quite right. In that case, it is necessary to remove the cup and try again. You can experiment with different folds and positions to find the technique that is right for you.

### **Here are some tips that may help:**

1. Check again if the cup is completely open by going around the base of the cup with your finger.

If there are no more creases, there is a good chance that the cup is in the right position.

2. You can also check the vacuum by gently pulling on the stem. If you feel pressure when you pull the small ball/stem, the cup has then formed a good vacuum around the cervix.

## WEARING THE CUP

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You can leave in the Bamboozy menstrual cup for up to 12 hours at a time. Depending on the severity of your period, you may need to empty it earlier.

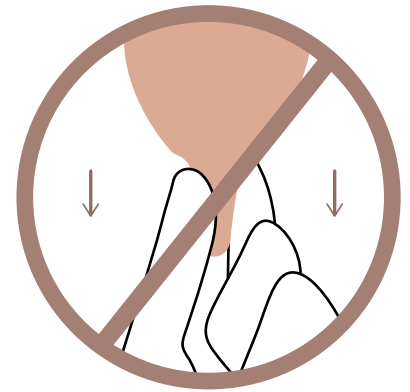
You can also safely leave the cup in for up to 12 hours at night. In addition, it is also safe to exercise, swim, and dive with the cup without it leaking when inserted properly.

# REMOVING THE CUP

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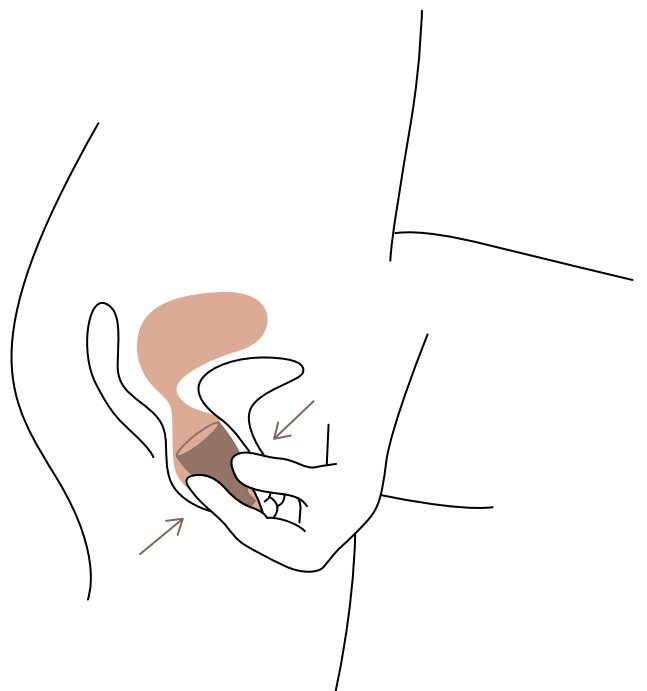
The first time you go to remove the cup it may feel a little strange. Therefore, make sure you read the instructions first and make sure you are relaxed. Always wash your hands before taking the cup out.

**Important:** The stem with the ball is not intended for removing the cup. If you pull on this, you will cause it to be pulled tighter around the cervix and make it more difficult to remove.

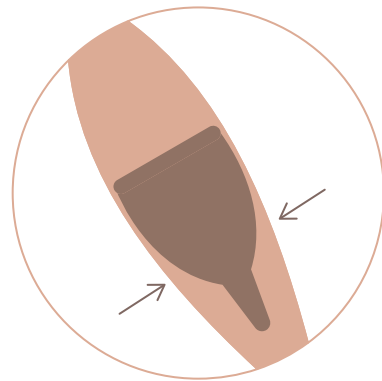


## So how do you do it?

Make sure you are in a comfortable position. As with insertion, this can be sitting, squatting or with one leg up. Spread your labia with your fingers and bring your thumb and forefinger inward to work through the stalk to find your way to the bottom of the cup. Gently squeeze the bottom of the cup by the finger indents to break the vacuum. Then slowly pull the cup down and wiggle it back and forth as needed. **Tip:** *You can also tighten*



*your pelvic floor muscles to push the cup down and find the bottom/stem easier.* Once you have removed the cup, you can empty it into the toilet or a sink. Rinse the cup thoroughly before reinserting it or store it neatly in the included cotton pouch (or your storage box in case you purchased the deluxe set).



*Squeeze the finger indents from the bottom of the cup to break the vacuum, then pull the cup out*

## CLEANING THE CUP

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If you plan to reinsert your cup immediately it is best to rinse the cup with cold water first.

Then wash it with warm water and a mild, unscented and oil-free soap. Afterwards, rinse it thoroughly again. You can also fold it inside out to clean it thoroughly.

- You do not need to re-sterilize the cup every time you use it, but you may, of course, do so.
- The small holes under the rim of the menstrual cup should be clean and open at all times. These holes provide the suction that keeps the cup in place. Pay extra attention to this when cleaning your cup. You can pull the cup slightly apart and run hot water through them to check that these are clean.



# STORING THE CUP

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If you need to store or carry the cup temporarily (for less than 12 hours), it is possible to use the Bamboozy foldable sterilizer, or the storage box by the deluxe set. Be sure to clean both the cup and the sterilizer thoroughly.

During periods when you are not menstruating, the cup should be allowed to air out. This is what the provided cotton bag is for. Make sure you always re-sterilize the cup before the first use.

**Important:** Never store your cup in a plastic bag or airtight container

# CAUTIONS

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- Remove the menstrual cup before having sex.
- The menstrual cup does not work as a contraceptive and therefore does **not** protect against pregnancy or STDs.
- If you have an IUD, we do **not** recommend using the cup because the chance of removing it with the cup is higher due to the cup pulling vacuum.
- If you have a vaginal prolapse, we do **not** recommend the cup for you based on customer feedback who have this condition, due to the large possibility that the menstrual cup might sit too low and stick out,

causing discomfort. Please consult your doctor for information about the risks and advice.

- Do not use the menstrual cup if you have a fungal infection or bacterial infection.
- If you experience a painful or burning sensation while wearing the cup, or feel discomfort from the cup when urinating, it is wise to see a doctor.
- If you have ever had TSS (Toxic Shock Syndrome), consult a doctor before using the cup.

## **Toxic Shock Syndrome TSS**

Even though the risk of TSS is many degrees lower while using the disc vs. using a tampon, it is unfortunately still present. TSS is a rare but dangerous disease that can occur in women during their periods.

The symptoms that come on early are similar to a normal flu. You feel sick, may experience headaches, muscle aches, fever and chills, diarrhea, vomiting, dizziness and confusion are also symptoms of TSS. If you experience these symptoms while wearing your menstrual disc, it is important to call your doctor.

# LASTLY

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Do you have more questions or comments for us? Send us a message at **support@bamboozy.com**. Want to share your new purchase? Tag us at **bamboozy.nowaste** on Facebook and Instagram.

# THANK YOU.

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All information provided is for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

The information should not be considered complete nor should it be used in substitution of a visit, phone call, consultation or advice from your physician or other health care provider.

We do not recommend self-management of health problems. Information obtained by using our services are not intended to diagnose, treat, cure or prevent any disease or condition. If you have health care questions, call or consult your physician or other

health care provider immediately. You should never ignore or delay seeking medical advice because you have read something here.

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