

# LA CUP

## User's guide



### A new period.

First of all, thank you for choosing Luneale as your next periodmate.

La Cup is a French menstrual cup made from 100% medical platinum silicone (the best quality and safest), with a patented, innovative design for maximum comfort and ease of use.

We have designed La Cup Luneale with the help of a designer, midwives and an ergonomist, so that all users can be free of the restrictions caused by their period without impacting on their way of life, health and the environment.

La Cup Luneale is inserted into the vagina during the period and gently collects the flow without absorbing it.

It protects you for up to 8 hours straight with no leakage or odour and is reusable for up to 5 years if looked after correctly. La Cup's exclusive shape, with its patented grip area called the Moonpad®, makes it much easier to use, both for first-timers and those used to using a menstrual cup.

We have designed this digital manual to answer the questions you may have. Read it carefully and take your time to learn how to use La Cup with the folding method that's most convenient for you, because the time required to get the hang of it varies from one person to another. But once you have, we're sure you'll never stop using it!

Thank you again for choosing Luneale and welcome in a new period.

The Luneale Team



## Toxic Shock Syndrome (TSS)

### What is Toxic Shock Syndrome?

Toxic Shock Syndrome (TSS) is an extremely rare, but serious and potentially fatal disease.

This syndrome can be observed in men, women and children. It is caused by a toxin produced by bacteria (called Staphylococcus aureus or Staphylococcus aureus) that live on the human body or in the body – usually in the nose, respiratory tract or on the skin.

The conditions under which this toxin is produced by Staphylococcus aureus are still unknown, and most people are naturally immune to it.

But a minority not being immune, it is advisable to bring you clear information, because half of the cases occur during the rules.

Given the potential seriousness of TSS, it must be detected and treated quickly.

### What are the symptoms of TSS?

It can look like a sudden flu in many ways, with symptoms that do not necessarily appear all at once: high fever (39° or more), headache or sore throat, vomiting, diarrhea, dizziness, fainting, muscle aches or rashes that look like sunburn.

### What should I do if I have these symptoms?

- Remove your cup as a precaution

- Contact a doctor or hospital immediately and be sure to talk about TSS and the fact that you are on your period.

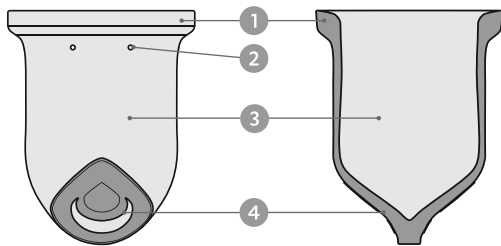
If you have had TSS in the past, you should consult your doctor before using internal protections (tampons or cups) again.

### The proper use of the cup

We advise to use a cup size that corresponds to your flow and to ensure that you respect a maximum wearing time of 8 hours in a row.

We also invite you to wash your hands properly before handling your cup, as staphylococcus aureus is found in many cases on the skin.

A direct link between cup and SCT has not yet been demonstrated, but we are convinced that precise information on the correct conditions of use will allow you to use your cup in complete safety.



#### 1 Upper ring

Its drop-shaped profile ensures the seal and good support of La Cup. The flat outer side allows for an extended contact area with your body for maximum safety, while the angled inner side directs flow naturally to the receptacle.

#### 2 Holes

They allow air to enter during removal to cancel the suction cup effect.

#### 3 Receptacle

Where the flow is collected. Depending on the model, it contains 20ml (S), 25ml (M) or 30ml (L), to fit your flow

#### 4 MoonPad

Our exclusive patented innovation is used to easily locate the base of La Cup, rotate it during insertion and pinch during removal.

## Folding and insertion methods.

Before handling, it is essential to wash your hands thoroughly.



### C-Fold

Flatten the Cup and fold it in half. The folded side is to be positioned at the back of your vagina during insertion (see dotted line).



### 2-step insertion

Place La Cup against your vulva and tilt the ring into your vagina: at this point, only the top of La Cup is inserted, and it will start to unfold.

Then take hold of the MoonPad and screw it towards the bottom of the vagina so that it is about 1 phalanx away from the entrance to the vagina.



### Punchdown Fold

Insert one edge of the ring towards the inside of the container. The long side should be positioned at the back of your vagina when inserting (see dotted line).



### Direct insertion

Insert La Cup almost to its full height. At this stage, it is important that it remains in line with your vagina and does not slant.

Then release the fold and screw it in to the right height (i.e. where you can't feel it)

### GOOD TO KNOW :

The base of the MoonPad should be just past the entrance to your vagina. If you still feel La Cup, feel free to push it slightly downwards by pressing the base of the MoonPad: it will position itself naturally so that you will not feel it at all.

The effectiveness of The Cup is linked to its correct deployment: the top ring must be deployed, which is assured as long as it screws on without resistance.

However, unlike conventional menstrual cups, the receptacle of The Cup is more flexible to adapt to your body, so it can remain compressed without causing leakage.

## Removal.

In most cases, La Cup is positioned about 1 phalanx away from the entrance to the vagina: it is therefore accessible.

Pinch the MoonPad: this will cancel the suction effect by letting air in through the holes. Pull gently with small back and forth movements.

If La Cup is pulled up a bit far (this can happen depending on your anatomy and movements), we advise you to sit on the toilet and push lightly with your perineum, which will bring it down and make it accessible.

## Clean La Cup during your period.

### Empty La Cup

You can empty it in the toilet, in a sink, in the shower or even in nature.

### Simply wash your cup with drinking water.

You can simply use drinking water to rinse La Cup. Cold water is preferable, as hot water tends to fix the blood pigments and this could stain your Cup as it goes along.

In public places, it is best to go to a disabled toilet, where there is often a sink. If the air holes are blocked, fill La Cup to the brim with water, place the palm of your hand tightly over the top of the ring and squeeze the receptacle with your other hand: the water will come out of the holes and unblock them.

### If you want to use a cleaning product.

Please note! Do not use soap or shower gel to clean your Cup, as they do not have a suitable pH for this purpose.

You can opt for an intimate cleanser, but make sure that its pH is between 4 and 6. Ideally, you should use a product that is tested for use with menstrual cups, such as La Mousse Luneale, which is certified organic and tested for use with silicone menstrual cups.

If you use La Mousse Luneale, rinse it thoroughly after cleaning.

### If you don't have access to drinking water.

You can either bring a bottle of water (with a sports cap), use Les Wipes Luneale (our cupfriendly wipes made for this purpose) or carefully wipe La Cup with paper and rinse it later, once you have access to water.

## Sterilise La Cup between periods.

### Method 1:

Immerse La Cup in a pan of boiling water for 5 minutes. Tip: To prevent the cup from touching the bottom of the pan, you can place it in a whisk.

### Method 2:

Place La Cup in a glass jar filled with water and place in the microwave at 600W for 5 minutes.

If you wish to use La Cup immediately after boiling it, run it under cold water: platinum silicone has a high thermal inertia and will quickly come down to the right temperature. Otherwise, place it in its pouch until your next use.

If you cannot use one of these two methods (for example when travelling), you can also use a cold sterilisation tablet (as for baby bottles) in accordance with the instructions given by the manufacturer.

If your Cup has become opaque or stained, you can restore its original appearance by immersing it overnight in boiling water with the juice of half a lemon or a little white vinegar. Remember to rinse it well afterwards.

## Important information.

### Adjustment period

If you have never used a menstrual cup, it generally takes time to familiarize yourself with the different manipulations.

Try La Cup preferably during the last days of your period or outside of your period (by moistening it) and pair it with external periodic protection (panty liner, towel, menstrual panties) while you acquire the right gestures.

For some people this uptake is very quick, for others it can take several cycles. So don't be discouraged, it's normal and your efforts will be rewarded.

If you have ever used a regular menstrual cup, you may also need to allow time for adaptation to La Cup Luneale, as its operation is very different from that of other menstrual cups. In particular, be aware that since it does not need to be fully extended (unlike regular cups), it can sometimes confuse you, and you might think that it is not put on correctly – which would not necessarily be the case.

### Warnings.

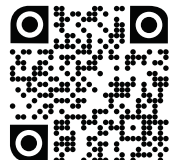
- La Cup is not a contraceptive and does not protect against Sexually Transmitted Diseases (STDs).
- You can keep La Cup on when you go to the bathroom.
- As La Cup is positioned in the vagina, you should not have vaginal intercourse while wearing it.
- If you wear an IUD, cut the wires short and take care to pinch the Moonpad® well when removing it so as not to move it. If in doubt about the correct positioning of your IUD, use an alternative method of contraception and consult your gynecologist or midwife.
- After surgery via the vagina (hysteroscopy, etc.), do not use La Cup without the consent of your gynecologist/ midwife.
- In the event of a vaginal infection (or suspected infection), treatment with an egg or intravaginal cream, avoid wearing any internal protection: you risk discomfort and burns.
- La Cup is formally not recommended for post-natal bleeding, or after a miscarriage or an abortion.
- If you had an episiotomy, wait until the scar has healed and your perineum has been rehabilitated. In any case, wait until the vagina and cervix are put back.
- If you suffer from another intimate pathology, ask your gynecologist/midwife for advice before using La Cup.
- Never clean La Cup in the dishwasher.

### Want to contact us?

### Have a question? A suggestion?

Write to us at [hello@luneale.co](mailto:hello@luneale.co), we will be happy to answer you.

This manual is available in interactive form, with video demonstrations and more tips at [wiki.luneale.co](http://wiki.luneale.co) or by scanning this QR code.



**BLOODY BRILLIANT**