



LET'S FLOW MENSTRUAL CUP CARE AND INSTRUCTION MANUAL

HEY BABE, ARE YOU READY TO FLOW?

No more crinkling from the stall, hiding tampons in your bra, or finding yourself caught in a bathroom without a bin. Welcome to cup life.

Let's Flow is a soft, flexible silicone period cup that can be worn for up to 8 hours, so you can get on with your day. Are you ready? Let's Flow.

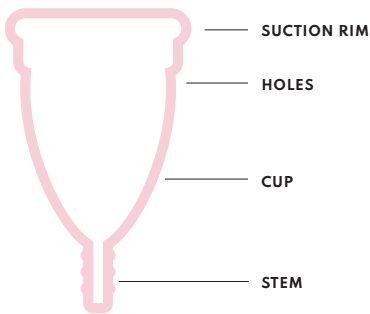


I WAS MADE FOR YOU

Who the Let's Flow Cup is perfect for:

REGULAR	SUPER
<ul style="list-style-type: none"> • Light - Medium Flow • Under 30 • Never given birth vaginally 	<ul style="list-style-type: none"> • Medium - Heavy Flow • Over 30 • Have given birth vaginally

CHECK ME OUT



GOOD CLEAN FUN

This cup does not come sanitised.

Prior to first use at the start of every cycle:

- Sanitise your cup by boiling it.
- Let cup cool to room temperature again before using.
- Never expose your cup to an open flame.

Ongoing during your cycle:

- After emptying, use clean water to rinse the cup before reinserting every time.
- Check the 4 holes to make sure they are clear every time before inserting the cup. If these are obstructed the cup can be difficult to remove.

HOW TO INSERT

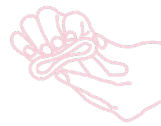
- Clean or sanitise the cup as instructed.
- Wash your hands in warm water with mild or unscented soap.
- Sit on the toilet or in the shower; wherever you can comfortably squat.
- Fold the cup to make it easier to insert. Squat over the toilet or in the shower.
- Being in a squatting position will help align the vaginal canal so the cup is inserted at the correct angle.
- Hold the folded cup in your dominant hand, using your free hand to separate your labia.
- Relax your vaginal muscles and slide the cup, rim-first into your vagina towards your tailbone (the cup will open as it goes in).
- The stem should be within a 1/2 inch of the vaginal opening.
- If you have trouble, remove the cup and try again.
- You can also try rotating the cup. If it rotates freely, it should be fully open and sealed against the vaginal walls.
- Once placed properly, the cup will collect menstrual blood and you should not feel it or experience any leaks.
- Use for up to 8 hours at a time.
- Empty at least 2 times per day.

RECOMMENDED FOLDS

C FOLD how to:



C Fold



1. Flatten your cup



2. Push the side



3. Hold Together

PUNCH DOWN how to:



Punch Down



1. Push the side



2. Punch rim to inside of base



3. Hold sides together

HOW TO REMOVE

- Wash your hands in warm water with mild or unscented soap.
- Sit on the toilet or in the shower; wherever you can comfortably squat.
- Find the stem with your thumb and index finger, and pinch the ribbed area above the stem to break the seal.
- Make sure the seal is broken before pulling to prevent suction.
- Slowly slide the cup out so as not to spill the contents.
- If you have trouble finding it, push like you are having a bowel movement, while feeling for the stem with your thumb and index finger.
- In the unlikely event that you cannot remove the cup after following the steps above, please seek medical attention.
- Empty contents in the toilet and rinse your cup with clean water.
- Repeat the inserting process as above if you are still menstruating.

HOW TO STORE

At the end of your cycle, wash carefully with soap and water. Make sure it is completely dry before placing it in the storage pouch until your next period.

WHEN IS IT TIME TO SAY GOODBYE?

This menstrual cup can last up to five years, but as a medical device, we advise you replace it annually.

WHAT I'M MADE OF

- Cup 100% medical grade silicone
- Storage Pouch: Breathable cotton

DISPOSAL ADVICE

Dispose of according to your local regulations.

SAFETY FIRST

This is general use information only and is not meant to be medical advice.

Discontinue use and contact your doctor if you experience any adverse effects.

Contact your doctor prior to use if you have any existing medical or gynecological conditions.

If you have an IUD in place, please consult your doctor prior to using a menstrual cup, as there is a small chance that the IUD could become dislodged.

This menstrual cup is intended for use as a feminine hygiene product only and does not protect against STIs or pregnancy.

The cup should not be used while pregnant or immediately after pregnancy. If you have just given birth, consult with your doctor when it is safe to start to use your cup again.

This menstrual cup is intended for personal use and should not be shared with anyone else.

Do not use when obstructions are present. Make sure that there are no obstructions before inserting your menstrual cup and do not use it along with any other intravaginal products.

Do not engage in vaginal penetration while the device is inserted in the vagina.

Seek medical attention if you are unable to remove the device.

In very rare circumstances or on certain body types with protruding clitoris or large labia, suction vibrators can occasionally cause pain and discomfort in higher settings. If pain occurs please cease use immediately.

Consult a doctor before use if you have any implanted devices, such as a pacemaker, or if you have had any form of surgery on the relevant body parts.

Vush assumes no responsibility for misuse or excessive use of this product.

Always switch off after use.

HEALTH WARNING

Attention: There is a risk of TSS to all women using menstrual cups during their menstrual period. There are higher risks to women under 30 years of age and teenage girls, with estimated incidence of TSS of 1 to 17 per 100,000 menstruating women and girls per year, and the risk of death from contracting TSS.

Toxic Shock Syndrome (TSS) is rare, especially with menstrual cups, but can be fatal without early treatment.

Warning signs of TSS: If you experience sudden fever, vomiting, diarrhea, fainting or near fainting when standing up, dizziness, a rash that looks like a sunburn, or flu-like symptoms while using your cup, remove it and immediately seek medical attention.

Seek medical attention before using a menstrual cup again if TSS warning signs have occurred in the past, or if you have any questions about TSS or menstrual cup use.

It is important to use the correct size cup needed to control menstrual flow in order to reduce the risk of contracting TSS.

GET IN TOUCH

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EMBRACE #MORESELFLOVE

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