

## **Formoosa Disc**

An innovative, simple, and reusable alternative to pads and tampons designed to stay in place comfortably.

### **Function**

Formoosa Disc collects items produced during menstruation, such as menstrual blood from the cervix and cellular composite peeled off from endometrium without leaking by creating a seal at the base of the cervix.

### **Feature**

- Safe and Ultra Soft: Made of 100% medical-grade silicone.
- Comfortable: Creates a natural seal at the base of your cervix for a more comfortable fit.
- Confident: Prevents leaks by creating a seal at the base of your cervix
- Less waste: Lasts up to 10 years with proper care; better for the environment
- Auto dump: Releases menstrual blood into the toilet when the wearer relaxes pelvic floor muscles, without removing and reinserting the disc.
- 12-hour wear: Capacity of five super tampons (62ml). Wear during sleep, exercise and swimming
- Non-slip rim and three groups: Facilitates removal with our patented design
- Volume marks: makes it easier for woman to measure their blood flow and manage their health.
- Mess-free period sex: Unique position allows for intimacy without blood

- One size fits most: Formoonsa Disc sits in a different position than tampons and cups and were designed to fit the majority of people, including mothers.
- No more menstrual cup suction pain.

## **Safety Warning**

- Do not wear Formoonsa Disc for longer than 12 hours at any one time.

While you can have sex with Formoonsa Disc in your body, please don't use the disc as a contraceptive. It is not designed to keep sperm or STIs out but to keep blood in.

If you have any gynecological concerns or conditions including the use of an IUD or contraceptive ring, please consult your physician prior to using a menstrual disc. If you experience any adverse effects, discontinue use and contact your physician.

Do not use Formoonsa Disc in conjunction with any oils or oil-based lubricants.

When you notice tears or holes in your Formoonsa Disc, it is time to replace it.

### **About Toxic Shock Syndrome (TSS)**

When used correctly, menstrual cups and discs are not known to cause TSS.

Symptoms of Toxic Shock Syndrome (TSS) include sudden fever (body temperature over 38.9 degrees Celsius), vomit, diarrhea, headache, dizziness, sunburn like skin rash (skin will peel off after several days), muscle ache, red eye, sore throat, and general body weakness. These symptoms may not appear all at once. If you experience any of these symptoms, remove the menstrual disc and seek immediate medical attention. Tell the doctor you are menstruating, and your concern with TSS.

If you've experienced TSS before, do NOT use this product. Women younger than 30 years old and teenagers are more at risk to be infected. According to a research study, for every 100,000 women there will be 1-17 reported cases of TSS. Consult your doctor if you have any questions with TSS or using menstrual cup.

## **Other reminders**

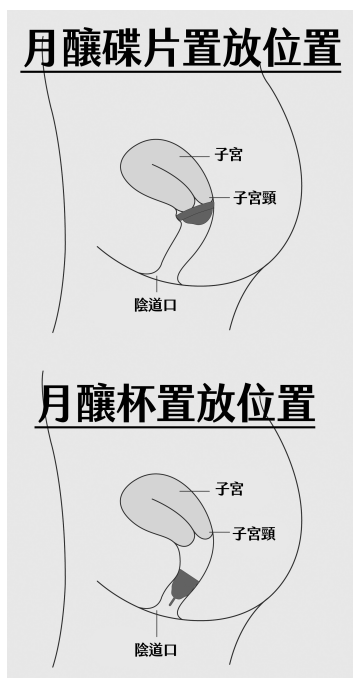
- Formoonsa Disc is intended for use only during menstruation. Do NOT use this product during non-menstruating times.
- Use one menstrual disc at a time.
- Do NOT share your menstrual disc with others.
- Formoonsa Disc can be used during period sex but it is not intended for birth control, nor does it prevent from Sexual Transmitted Disease (STD).
- Do NOT use this product if:
  - you've experienced TSS before;
  - you are allergic to silicon; or
  - you suffered from Uterine Prolapse or anatomical abnormalities.
- Consult your physician or gynecologist before your first use if:
  - you are using an IUD or a contraceptive ring; or
  - you have any medical or gynecological conditions or concerns.

- Wash your hands thoroughly prior to use, clean the disc at least 2 times a day (once every 12 hours). As a friendly reminder, to decrease the risk of infecting with TSS, do not scratch your vagina with your nails while removing the disc.
- This product is NOT intended for single use. With proper care, this product can be used multiple times. Please refer to the user manual for detail.
- If you experience non-menstrual pain, such as stifling or rheumatic pain, or increased vaginal secretion, it maybe that the suction force is too strong causing a vacuum like feeling. Take out your menstrual cup and re-insert it again or press on the rim of the cup to allow more air to enter.
- If you've experienced trouble going to the restroom, it maybe that the menstrual disc has pressed against the urinary tract or rectum. Gently move the position of the menstrual cup, or change to a softer material.
- For intrauterine device (IUD) users, gently press against the rim of the disc to remove the vacuum and remove the disc.

## How to choose

The Formoonsa Disc and Formoonsa Cup have a lot in common—choosing between the two is up to you. here are a few key distinctions

Disc	Cup	
V	V	Collects blood, reduces dryness and irritations
V		Sits at the base of your cervix
	V	Uses suction to seal
V		Self-emptying when using restroom
V		Mess-free period sex



### Choosing the right cup for you

Type	Volume	Height	Width	Suggested Use
Training Cup	10ml	55mm	36mm	For practice use only, designed for days with little to no blood flow volume
Standard Cup	20ml	54mm	44mm	For little blood flow volume, or beginners

Large Cup	30ml	52mm	48mm	For larger blood flow volume, or experienced user
Cone Shaped Cup (Classic)	Extended (42ml) Retracted (26ml)	70mm	47mm	For beginner or women with strong pelvic floor muscle
Cone Shaped Cup (Soft)	Extended (42ml) Retracted (26ml)	70mm	47mm	For teenagers or women with sensitive urinary tract muscles
Disc	62ml	35mm	75mm	For women who opt out menstrual cups

▲ Choose the right cup for yourself based on the length of your vaginal canal and blood flow volume:

Height: measured from the top of the rim to the bottom of the removable ring. Width: measured from the widest area on the receptacle.

### **How to assess your own menstrual blood flow**

Tampon Users: Each brand holds very different blood volumes. According to the International Absorbency Standard (Water Drop Scale), you can reference the packaging for flow marks and total up your daily flow

♠ <6g / ♠♠ 6-9g / ♠♠♠ 9-12g / ♠♠♠♠ 15-18g / ♠♠♠♠♠ 18-20g

Sanitary Pad Users: Night use sanitary pads can absorb up to 10ml. Day use sanitary pads can absorb up to 5ml. Actual absorption may vary on the individual; however you can still use it to estimate your daily blood flow.

# How to use

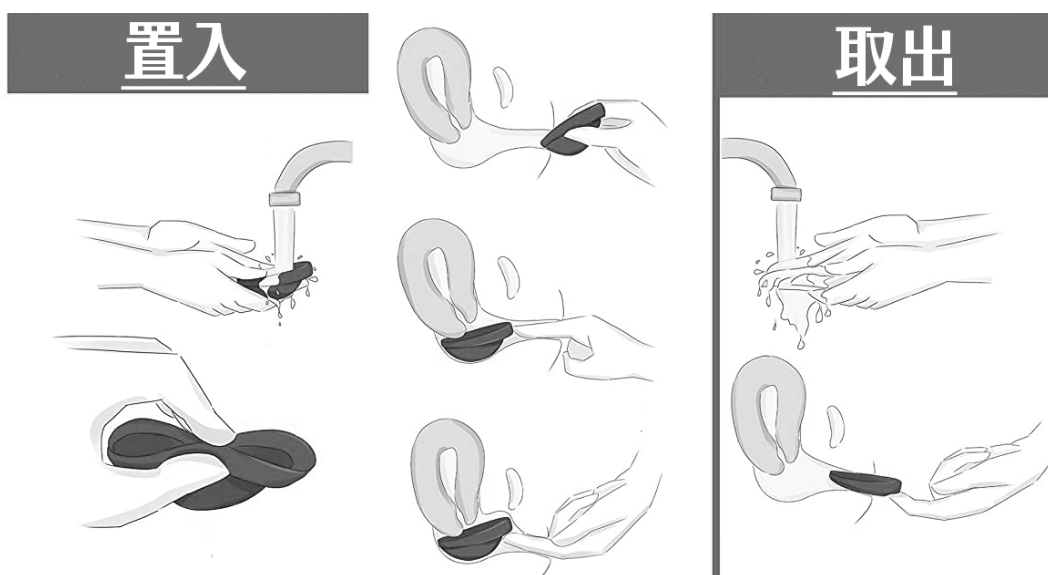
## Design your first experience

It can take a couple of cycles to find your rhythm with Formoonsa Disc. We know, we've been there too. We hope you embrace the journey of getting to know your body and your cycle.

The more relaxed you are, the easier it is to place and remove the disc, so we suggest that you plan for your first experience. Find a time and place that relaxes you and nurtures your confidence, preferably after a comfortable hot shower. Your vaginal muscles tense up when you are nervous and make it harder to place or remove the disc.

Menstrual blood is a natural lubricant, but if you are finding it difficult to insert or remove the disc, we suggest using filtered water or adequate amounts of water-based lubricant on the disc to help.

Use a pad or a pantyliner if you are worried about leaking, until you become confident. Usually you will need to have experienced three menstrual cycles before you feel fully confident that you can use it with ease.



## Insertion

Step 1: Wash your hands and Formoonsa Disc with soap.

Step 2: Sit on the toilet, and relax. Pinch Formoonsa Disc in half.

Step 3: Slide Formoonsa Disc into the vaginal fornix. Angle the back bed end down. Use your finger to continue pushing the disc until it is as far back as it will comfortably go.

## Tuck

Use your fingers to tuck the front rim upward, so it rests behind your pubic bone.

If inserted properly, you should not be able to feel Formoonsa Disc. To check the position of your disc, stand up, keeping your index finger on the rim of the disc.

## **Removal**

You can wear your Formoonsa Disc for up to 12 hours before emptying. If this is your first attempt to remove the disc, we suggest finding a place with access to water so you don't worry about spillage.

Step 1: Wash your hands with soap. Sit on the toilet. Relax your pelvic muscles and bear down like you are pooping.

Step 2: Hook your finger under the rim of the disc. Slide Formoonsa Disc out, keeping it level to avoid spillage. Empty fluid into toilet.

Step 3: Wash your disc after each use.

Watch the instruction video at [www.formoonsacup.com/disc](http://www.formoonsacup.com/disc)

Remember to relax in the process. Nervousness will only tense up your vaginal muscles and make it harder to remove the disc. In this case, take a break or take a shower, and try again when you feel calmer.

If you are worried that you can't successfully remove it, we suggest practicing it when OBGYN clinics are open. In case you can't handle it yourself, you can then seek professional help.



## **Disinfection and Cleaning**

- We recommend disinfecting the menstrual disc with boiling water once before and once after your period: use enough water, small boil the disc for 5-7 minutes, let the disc float at the top and avoid touching the edges (use commonly sold cotton bag, silicon or stainless steel filter). Attend to the disinfecting process and avoid your kettle boiling dry.
- While on your period, use clean water and mild soap to rinse the disc.
- Clean your disc at least twice a day, remove the disc once every 12 hours for cleaning.

### **Cleaning your disc in a public restroom**

- Carry a small bottle of clean or filtered water with you, remove the disc and rinse it on the toilet. But be careful not to flush your disc into the toilet when you are rinsing it. Dry your disc with a clean handkerchief, wet wipes or alcohol-based wipe. Do NOT use toilet paper as it may leave paper stains behind.
- If you are not sure if the water is clean, we advise you use drinking water.

## **Storage**

After each menstrual cycle, disinfect disc using above methods and let it air dry. (Do NOT use oil-based cleaning products on the silicone material as it may damage the material).

Always dry your disc before placing it in its case. Keep the disc in a breathable material and/or special storage. Store the bag in a cool, dry place; avoid any sunlight and UV light exposure.

If you notice a crack on the silicone material, avoid vigorously pinching the receptacle or the removal ring with your finger nail. Keep the disc and its storage box/bag away from children and animals.

With proper care, this product can be reused for up to 10 years. After prolonged and repeated use, discoloration will occur. This is normal and does not affect how the disc functions. If you notice tears or cracks on the product, we recommend replacing it with a new one.

# FAQ

## **Q. How do I create the best experience with Formoonsa Disc?**

Comfort is key, and these tips can be helpful too!

- Try inserting Formoonsa Disc before your period so you get comfortable and familiar with the process and wearing it.
- Try Formoonsa Disc for the first time on a lighter day or at night, or on a day when you know you will be closer to home.
- Use a pad or pantyliner if you are worried about leaking, until you become more confident.
- If you have trouble with insertion, try squatting.
- If you are squeamish, you can try taking out your disc in the shower, rinsing it, and reinserting it there.
- If your disc leaks, take it out and reinsert it, paying special attention to make sure it is as far back as it can go, and tucked up and behind your pubic bone. When Formoonsa Disc is placed correctly, you should not feel it and it should not leak.

## **Q. Can I swim while wearing Formoonsa Disc?**

Yes, you can swim, workout, do yoga, or climb mountains without having to worry about leaks for up to 12 hours! Your period should never get in the way of your health.

## **Q. How long can I wear Formoonsa Disc?**

Formoonsa Disc can be safely worn for a maximum of 12 hours. After that, Formoonsa Disc should be removed and cleaned. If your flow is especially heavy, you may find that you need to replace your disc more often. Make sure you read the guide in detail to achieve the max 12-hour wear.

## **Q. I have a heavy period. Will Formoonsa Disc work for me?**

The majority of our users have heavy flows. The discs can hold up to the equivalent of five super tampons, which is more than the average menstruating human bleeds in 24 hours.

We have plenty of tips and tricks to ensure it doesn't leak no matter how heavy your flow is. We have a hands-free emptying article to show you how to get the most out of each disc.

If you're trying your disc for the first time and are concerned about it getting too full, we recommend trying it out on a lighter day while in the comfort of your own home so you can get a sense of how much is in it after 12 hours. From there, you can adjust how frequently you need to change it based on your own flow. We also suggest wearing a pad or liner during your first cycle with Formoonsa Disc should you have any issues with insertion.

## **Q : Can I use the menstrual disc if I have a light period?**

A : Yes, you can use the menstrual disc anytime during your period. Because menstrual blood acts as a lubricant, we suggest using filtered water or water-based lubricant to help moisten the disc for easier use.

## **Q. Can I really use Formoonsa Disc during sex?**

Yes and here's why:

The vagina expands and elongates during arousal and intercourse. This allows Formoonsa Disc to be worn during sexual activities without it getting in the way or coming out.

That is all to say that Formoonsa Disc should be comfortable for both you and your partner during sex- from oral to penetrative sex. There is a chance that one of you may feel the rim but there should not be any extreme discomfort. How much you or your partner can feel Formoonsa disc can depend on your position and you and your partner's unique anatomies.

Thank us later!

**Q. What should I do if I can't get the disc out?**

To remove your disc, take a deep breath and relax your pelvic muscles. Bear down as if you are pooping to push disc downwards. Reach for your Disc and hook your finger on the removal groove to slowly pull the disc out. Be sure to tip the edge up as it exits your vaginal canal to avoid spills. If you are not able to hook your finger onto the disc, take a break for 30 minutes and try again. If your disc has been in for more than 12 hours, please consult your doctor.

**Q. Is Formoonsa Disc environmentally friendly?**

Absolutely! Our products are made of reusable, medical-grade silicone. Also, our products are made to last. The average person who uses tampons or pads goes through about 540 pcs every three years. One Formoonsa cup or disc lasts just as long. That's a lot of landfill space (and money) saved.

**Q : Do I need to remove it when I use the restroom?**

A : No, there is no need. It doesn't matter if it's a number one or number two. The vagina, urethra and anus are three different openings for which there are no need to remove the disc when using the restroom. If you see blood in the toilet when you are using the restroom, it is the disc auto-dumping (read the next question). Don't worry. This is why we love the disc. You get to discharge some blood without removing and reinserting the disc. Simply dry your vulva with toilet paper or wipes.

**Q: How do menstrual discs self empty?**

A: Self emptying occurs when you relax your pelvic floor muscles, similar to a bowel movement, so it is completely normal to see blood in the toilet. To ensure your disc is properly back in place, use a clean finger to tuck back into place. You can also do a few kegels to ensure it is back in place.

**Q : Can I use lubricants to help insert and remove the disc? Will it affect the quality of the menstrual disc and how long can I use it for?**

A : Yes, you can use lubricants when you are still experiencing difficulties, like case above, you can use filtered water or water-based lubricant. That helps moisten the disc for easier insertion. Please keep oil based lubricants away, as it will affect the quality of the silicon.

**Q : How do I know when it is time to remove the disc?**

A : How often you empty the disc depends on each individual's menstrual flow. Some people may only need to empty it twice a day (every 12 hours), some empty it every 3-4 hours. If you are feeling leakage or "bubbly" down there, then it's time to empty the disc. Upon first use, we recommend adding a cloth sanitary pad or a pantyliner until you feel more confident in using the disc.

**Q : Can I use the menstrual disc if I have never had sexual intercourse?**

A : Yes, however the vaginal corona is located at the beginning of the vaginal canal where the mucosal fold is. When the menstrual disc is inserted, it may cause the Vaginal Crown to break, creating pain and blood. Be ready as this may happen!

**Q : My Formoonsa Disc has changed color, sometimes even creating odor. Why is that?**

A : After repeat exposure to menstrual blood, it is normal that the disc turns an off-white color. In some cases, odor may even arise from repeat use. We suggest stirring baking soda with hot water, and soaking the disc in that soda water for 2 hours before rinse.

**Q : How often do you recommend replacing a new disc?**

A : If used properly, you can reuse the disc upwards of 10 years. Discoloration is normal and will not affect usage. Please note, silicone does not mix well with oil as it may damage the material even further. Your disc deserves good care. Normal wear and tear is common with prolonged and repeated use, but when there are visible marks, it is time to replace your disc.

**Q. What if I have more questions?**

Let us know! Reach out to us at [formoonsacup@gmail.com](mailto:formoonsacup@gmail.com)

Product Information

Formoonsa Disc : 100% Medical Grade Silicon

Bag : 100% cotton

Company Name : Salonmates Industrial Co., Ltd

Company Address : 4F, 156 Fuxing North Road, ZhongShan District, Taipei

Manufacturer Name : Besmed Health Business Corp. manufacturing on behalf of Salonmates Industrial Co., Ltd

Manufacturer Address : No. 5, Alley 116, Wugong Second Road, Wugu District, New Taipei City

Shelf Life: 5 years

Manufactured Date: Indicated first row of the box (Month-Year)

Manufacturing Lot Number: Indicated second row of the box

Customer Service Line (free): 0800-826-766

Please reach out to us at [formoonsacup@gmail.com](mailto:formoonsacup@gmail.com), if you have any questions regarding our product