Nakungoo Cup

User manual

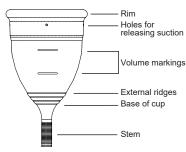
Thank you for choosing to use NakungooCup. NakungooCup is a reusable menstrual cup made of medical grade silicone. It is designed to be folded and inserted into your vagina to collect your menstrual blood. Once inside, it opens up and sits lower than a tampon. It is held in place by your vaginal muscles. NakungooCup is intended to be emptled, rinsed and reinserted every 4 to 8 hours. It can be used safely overnight and when travelling, swimming or exercising.

Learning to insert and remove NakungooCup can take a little practice. It will become easier with repeated use and greater familiarity with the vaginal area. The best time to practice is the last two days of your bleeding. Give yourself plenty of time and remember to relax!

Size S is intended for women who have never delivered vaginally and are below 30. Size L is intended for women who have delivered vaginally or are over 30.

Also it should be noted that younger women and women with a hymen may have difficulty with insertion and are advised to use a little water based lubricant.

Please support us in making a difference to women's lives and our planet by talking to women you know about NakungooCup. The more women that use NakungooCup the less tampons there are in the sea!



How to insert your NakungooCup



Sterilize your NakungooCup before and after each period using the foldable container in a microwave oven for 3-5 min. Use the sterilizer without the cap, filling it with water



Find a comfortable sitting, squatting or half squatting



Wash your hands with warm water and soap and rinse them thoroughly with



It is easier to insert your NakungooCup wet

Choose the fold that suits you best

Folding technique 1







Folding technique 2









Once folded, hold onto NakungooCup firmly with your finger and thumb as low down the cup as possible whilst keeping it folded. With the other hand, part the labia (folds of skin around the vagina), find the entrance to the vagina and guide NakungooCup up and towards your back.



Position of NakungooCup



Position of tampon

How to remove your NakungooCup

A squatting position shortens the vagina and makes removal easier



Empty your NakungooCup every 4-8 hours



Wash your hands with warm water and soap and rinse them thoroughly with clean water

In order to remove NakungooCup you must first release seal



Sit on the toilet or squat to remove your NakungooCup



Insert a finger alongside the NakungooCup to release the sea



If you cannot reach the base of the cup either pull gently on the stem, or 'push down' with your vaginal muscles until you can grasp the base of the cup. For further information on using your vaginal muscles refer to the 'troubleshooting' section

You may hear the seal release and your NakungooCup should then come easily away from the wall of your vagina.

When the base of the cup is almost out, angle NakungooCup slightly sideways to remove half of the rim before angling it the other way to release the other half. This will ensure NakungooCup slides out smoothly and remains upright with the fluid contained inside.







Empty the contents of your NakungooCup into the toilet, rinse and reinsert.

How to trim the stem of your NakungooCup

No part of the stem should be outside your vagina.

The end of the stem should sit just inside your vagina. Vaginal length varies from woman to woman, so the stem is designed to be trimmed as required. Remember NakungooCup is designed to be worn as low as it will comfortably sit.

Some women need to remove the stem completely. It is best to practice removing your NakungooCup without using the stem before you do this (see section entitled 'How to remove your NakungooCup').

If you find that NakungooCup is uncomfortable when sitting or walking, or pinches the vaginal opening, then you probably need to remove a little more of the stem.

It is important to take the time to get this right as the stem can make your vaginal entrance sore if is too long.



If the stem sits outside the vagina, you will need to trim the stem



Remove your NakungooCup from the vagina and use clean scissors or pail cutters to trim



Trim a little at a time and reinsert to check for comfort

Cleaning & care of your NakungooCup

With the proper care, cleaning and storage your NakungooCup will last for years

It is very important to keep your NakungooCup clean. You can cover fully with water and boil it using the included foldable container in a microwave or in an allocated pan for 3-5 minutes. Do not boil drv.

The tiny holes below the rim of your NakungooCup help to release the seal.

Make sure you keep these clear, you can use the included bamboo brush.

If you are in a public toilet take a small bottle of water in with you to rinse your NakungooCup, or simply empty and reinsert. Ensure you wash your NakungooCup more thoroughly at the next convenient time. When travelling overseas always use drinking water to clean your NakungooCup.

Over time, your NakungooCup may become discoloured but this will not reduce its effectiveness

If you notice any tears, splits or any other changes in the appearance or texture of your NakungooCup we recommend that your replace it.

Never use the following as they may damage your NakungooCup or cause vaginal irritation.

- Petrol based substances such as Vaseline
- Essential oils such as tea tree
- Harsh cleaners
- Strong or scented soaps
- Dishwasher

Storing your NakungooCup

Dry your NakungooCup thoroughly and store in the cotton bag provided. Do not store in a plastic bag or sealed container.

Troubleshooting-leakage problems

1.Position

The most common reason for leakage is not wearing the NakungooCup low enough in the vagina (see section entitled 'how to insert your NakungooCup')

2.Stem

Check that you have trimmed the stem to the correct length for you (see section entitled 'how to trim the stem of your NakungooCup').

3.Seal

Ensure that a seal has formed between your NakungooCup and your vaginal wall by:



Running your finger around

to ensure it is fully open

the side of your NakungooCup

OR OR

Pinching the base of the cup (not the stem) and rotating your NakungooCup

Clenching your NakungooCup with your yaginal muscles

4. Holes for releasing suction

Check the tiny holes under the rim of the NakungooCup are clear as these help to make the seal, which prevents leakage.

5.Choose the right size of your NakungooCup

If you have the size S NakúngooCup and it continually moves around or leaks, then you may need the size L. If you find that the size L leaks, pelvic floor exercises can be very effective at strengthening the muscles that hold the Menstrual Cup in place.

You may find that you need to use a washable pad in conjunction with your NakungooCup on your heaviest day. This is still a healthier choice and is better for the environment and your budget!

Troubleshooting-removal problems

Relaxing is key to removing your NakungooCup.

If you are having problems removing your NakungooCup, try not to panic. Whilst NakungooCup is inside your vaginal it is held in place by your vaginal muscles and being tense will only make it more difficult to remove.

The opening at the top of the vagina into your womb is very small so there is no possibility of the NakungooCup getting 'lost' inside the body.

Relaxing is key to removing NakungooCup so take the time to relax and re-read the instructions in the section on 'how to remove your NakungooCup'. It is much easier to remove or insert NakungooCup if you are squattim.

If you cannot reach your NakungooCup you will need to use your vaginal muscles to ease your NakungooCup down. This is done through a sequence of slow, gentle downward pushes (rather than one long hard push). As each small push is released it may feel as though your NakungooCup is rising again but keep gently pushing down and after 5-8 gentle pushes your NakungooCup will move lower.

Cautionary notes

- 1.NakungooCup will not protect you from pregnancy.
- 2.NakungooCup will not protect against Sexually Transmitted Diseases (STDs.)

3.Remove your NakungooCup and contact your doctor if you experience symptoms such as general pain, burning, irritation, inflammation in the genital area or discomfort during urgesting.

- 4. There is not need to remove NakungooCup for urination or bowel movements, but it must be removed before intercourse.
- 5.We do not recommend sharing your NakungooCup with another woman.

6.If you have, or suspect you have, a gynaecological condition consult your doctor before you use NakungooCup.

7.In some instances an IUD/IUS may be dislodged when used in conjunction with a mentrual cup. If you choose to use the NakungooCup with an IUD/IUS and think your IUD/IUS is causing pain or suspect it has moved, use another form of contraception such as a condom and have your IUD/IUS checked by a medical professional.

Toxic Shock Syndrome (TSS)

TSS is considered a serious and sometimes fatal disease caused by toxin producing strains of the staphylococcus aureus bacterium and has been linked to the high absorbency and prolonged use of tampons, Symptoms of TSS often mimic flu and can include sudden high fever, vomiting, diarrhea, dizziness, faintiflu, or a rash rather like sunburn during your period or some days after. If you experience these symptoms while using NakungooCup remove it and contact your doctor. Consult your doctor before using NakungooCup if you have ever had TSS.

www.nakungoo.com

Printed on 100% recyled paper