



# Menstrual cups - Tulip

## For an eco-friendly menstrual protection

### Presentation

For an ecological, economical and safe solution, Tulip menstrual cups are the ideal solution. Enjoy a full set of two medium and high capacity cups to accommodate your start, middle and end period cycles. For hassle-free menstrual cycles, opt for Floravi products.

### Maintenance

Clean thoroughly your cup Fully dip your cup in a clean and boiling water. Let it boil uncovered for 5 to 10 minutes. Repeat before and after each menstrual cycle. Never leave the boiling water unsupervised. How often should I replace my menstrual cup? Since this is an intimate product, you should replace your cup annually.

### Insertion

For your first use, wear the cup during the day to familiarize yourself with inserting, positioning and retrieving the cup. Once you feel more comfortable, you can start using the cup during the night.

- The U-fold : Using your two hands, flatten the cup and fold it into a U-shape
- The pushed fold : With one finger, push one side of the cup towards the inside and tighten the cup with the other hand

Once the cup is folded, hold it firmly with one hand. Set yourself in a comfortable position and relax your vaginal muscles. Carefully spread your lips to access the vaginal canal and gently insert the cup towards the coccyx rather than the cervix.

The cup will begin to open before it is completely in position, it is perfectly normal. Continue insertion until the retrieval pin is at the same level and does not exceed the vaginal entry. Do not push the cup too far into the vaginal canal to avoid leaks or problems when removing.

### Custom fit

Once your cup is in place, rotate it a few times to secure the location and make sure it is fully open. This simple rotation will improve your comfort and ensure an effective fit. The soft silicone stem is very comfortable and has been designed to be worn over short and/or long periods of time.

The stem will not be uncomfortable or disturbing. It is normal for your cup to rest around your cervix, it has been designed to fill your vaginal canal and be supported by your pelvic muscles.

### Maintenance

Hygienic practices are essential for maintaining a healthy vaginal flora balance. For best results, disinfect your dilator with Floravi's Steri-clean before and after each use. It is strongly advised not to share your dilators with others.

However, if the share happens, it is essential to use a condom to prevent sexually transmitted diseases: the use of an antibacterial cleaner cleans your dilators but does not sterilize them. Always store your dilators in their original packaging.

### Withdrawal

How to remove the menstrual cup?

Wash your hands thoroughly and adopt a comfortable position. Sitting on the toilet or standing, use your fingertips to access the withdrawal stem. If the stem is out of reach, squat and push with your abdominal and pelvic muscles to lower your menstrual cup.

Once at your fingertips, gently squeeze the base of the cup to release the pressure seal. Gently grab the base of the cup and take it out slowly with small movements from left to right. This small movement will help the liquid to stay in the cup during removal. Once removed, hold the cup vertically to prevent spills. Empty the contents into the toilet, rinse with cold water, wash your cup as described in the Maintenance section, and then reinsert it.

- **Capacity:** Two capacity cups of 18ml and 26ml
- **Conception:** Trous de succion pour équilibrer la pression entre l'intérieur et l'extérieur de la coupe
- **Retrait:** Tige de retrait nervurée pour faciliter le retrait

### Specs

- Two sizes of cups for your comfort
- Easy removal
- Comfortable and flexible
- Economical and reusable
- Includes a storage pouch
- Hypoallergenic silicone

