

USING LENA

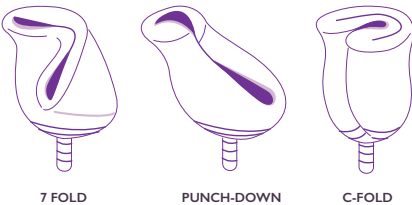
Learning how to effortlessly use your LENA Cup can take some patience and practice. Just like riding a bike, it may seem intimidating or even impossible at first, but once mastered, using your LENA Cup will feel natural and easy.

When learning to use any new cup, we encourage women to experiment with the different folds, to insert the cup higher or lower in the vagina and to find their own unique insertion and removal method. Do not be discouraged if you are having some leaks at first – with a bit of practice you will find an easy insertion for a leak-free period. If you need guidance please contact us at hello@lenacup.com.

Some women choose to boil their cup before the first use and between periods. Fill a pan with plenty of clean water. Bring to boil and let your cup float for 5-7 minutes while ensuring that the cup does not touch the bottom of the pan. You can use a pair of tongs to keep your cup in place and to remove it from the boiling water. Let your LENA Cup cool down before using it.

FOLDING LENA

When inserting LENA you will need to first fold your cup. There are three main folds:

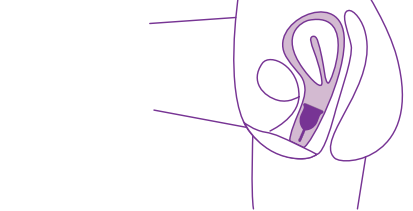


Practice using all three folds to find which one works best for you, as each fold guides and positions the cup differently. When inserting your cup, you need to hold your cup folded until it is inside of your vagina – this can take some practice.

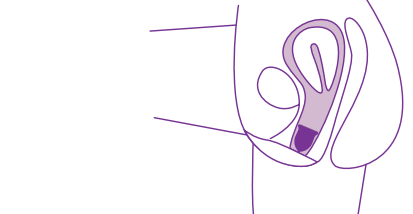
INSERTING LENA

WASH Using warm water and mild soap, wash your hands and cup under clean running water
FOLD Choose a folding method and fold the cup
RELAX You can stand, sit, or raise one of your legs. Hold your cup firmly and guide it towards your vagina
SEPARATE Relax your pelvic muscles and gently separate your labia with your other hand
INSERT Guide your cup into your vagina, pointing it upwards and toward your tail bone. Keep your cup folded until it is entirely inside of your vagina
RELEASE Gently release your folded cup – it will pop open and seal to your vaginal walls
CHECK Run a finger along the base of the cup to ensure that there are no folds and it has opened completely
TEST Gently try to rotate the cup to test that it is sealed. If the cup is easily moved, it means it has not sealed and is just resting in your vagina. It is best to reinsert the cup using a different fold. Once placed correctly and sealed, your cup will stay in place collecting all of your menstrual blood

1. HIGHER CUP POSITION



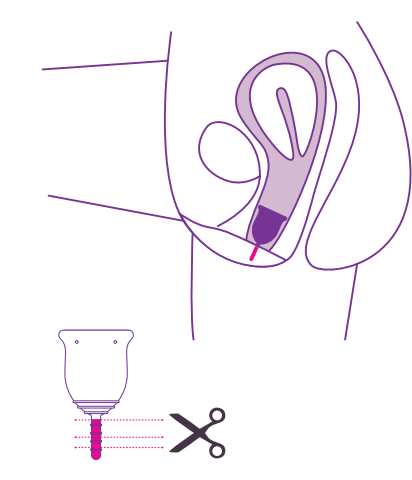
2. LOWER CUP POSITION



STEM

LENA Cup will position itself differently for every woman. For some it will stay in place at the base of the vagina, for others it may ride up higher – both are normal. The position of your cervix can change during menstruation. How high or low your cervix sits during your period will determine if and how much you need to trim your stem. **Wear your cup for a couple of days to establish where the cup sits and if you need to trim the stem.** Be sure you know the desired length before trimming. If your cervix is positioned higher, you do not need to trim the stem – your cup and the stem will fit inside of your vagina (figure 1). If your cervix is positioned lower and your stem sticks outside of your vagina – you may want to trim it accordingly (figure 2). Some women choose to remove their stems completely (figure 3). **Never attempt to trim the stem while wearing the cup. Do not rely solely on the stem to remove your cup.** Use the stem to shimmy the cup from side to side until you are able to pinch the base of the cup and release the seal.

3. STEM LENGTH



REMOVING LENA

WASH Using warm water and mild soap, wash your hands
RELAX You can stand, squat, sit, or raise one of your legs. Being relaxed is essential for the removal of your cup
LOCATE Insert your fingers into your vagina and locate the base of your cup – if you cannot reach it, gently pull on the stem until you feel the base of the cup
PINCH Once you grab the base of the cup, pinch the bottom in order to release the sealing suction
REMOVE Shimmy your cup from side to side while guiding it out of your vagina. Keep it upright to avoid spills
EMPTY Empty your cup in the toilet or sink. When wet, your cup can be slippery, hold it tightly while emptying
WASH Using warm water and mild soap, wash your cup. If in a public toilet, bring a bottle of water to rinse your cup – once convenient clean thoroughly
RE-INSERT OR STORE Once empty and clean, re-insert your cup as outlined in the *INSERTING LENA* section of this manual. If your period is finished – store your cup in its original cotton bag or any breathable container

HELP LENA

• **Help! My cup is leaking!** When learning how to use your cup, some leaking is normal, be patient with your body. As long as there is no discomfort, experiment with the different folds and placing your cup higher or lower in your vagina. After an insertion, run a finger along the base of your cup to check for folds and gently try to rotate the cup to test that the cup is sealed. Check out lenacup.com for more tips.
• **Help! I can't get it out!** Your cup cannot get lost inside of your vagina. If you cannot comfortably reach your cup, do not panic – tensing your pelvic muscles causes them to move the cup further away from the vaginal opening. Try to relax and allow the cup to drop lower in your vagina. You can squat or sit. To remove, gently bear your weight down and use your pelvic muscles to push the cup down until you can reach the stem and then the base of the cup. Never pull on your stem for removal, use the stem to shimmy the cup from side to side until you are able to pinch the base of the cup to release the seal. To avoid your cup moving up or down, focus on correct insertion and ensure your cup is always sealed.

LENA INSTRUCTIONS



please read before use and keep for reference

HELLO LENA

Thank you for making a better choice. This cup is a testament of your intention to treat your body and our planet with more respect, kindness and care.

At LENA, we believe a shift in consciousness is happening. Collectively, women across the globe are making strides toward a better way of being and living.

Inspired by this awareness we designed the LENA Cup for an active modern woman. LENA was developed to be the most comfortable and functional cup on the market – you can dance, run, swim, ride a bike and use your cup overnight. Designed to move with you, LENA will improve your period and will become an irreplaceable part of your life.

A BETTER PERIOD.

WHY LENA

LENA IS HEALTHY

Made of premium US-sourced and tested medical-grade silicone and dyes, LENA is a reusable menstrual cup that collects rather than absorbs your monthly blood flow. Unlike disposable products, with LENA you never have to worry about inserting bleaches or chemicals into your vagina.

AS NATURE INTENDED

LENA helps maintain a healthy *pH* level so you can stay naturally moist and comfortable throughout your period. LENA allows your natural fluids to retain their normal flow and only collects your blood without causing dryness or itchiness. Inserted like a tampon, LENA's flexible design moves with you while offering complete protection and comfort.

ODOR-FREE

Since your blood will not come in contact with air while wearing your cup, you will not experience unpleasant odors.

PREMIUM QUALITY

LENA is made of premium medical-grade silicone and dyes that have gone through numerous biocompatibility testing and do not leach any chemicals or irritants. LENA Cup is hypoallergenic and latex, dioxin and BPA-free.

STAY ACTIVE AND COMFORTABLE

LENA was designed for an active modern woman. You can dance, run, swim, ride a bike and use your cup overnight. LENA is ideal for menstruating women of all ages, body shapes and experience levels. You can wear LENA for up to 12 consecutive hours before having to empty your cup.

GOOD FOR YOU AND THE ENVIRONMENT

Since you only need one LENA Cup, you no longer need to buy bulky disposable products that end up in our landfills and oceans – keeping your cup clean and away from pets and detergents will ensure that your LENA lasts for years.

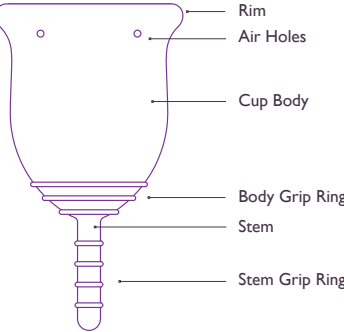
ENGINEERED FOR PERFECTION

LENA was developed to function precisely – the soft silicone and unique design offer a leak and sensation-free period. When positioned correctly, you will not feel any sensation from your cup. LENA's innovative cup design allows for a snug fit with your vaginal walls, ensuring your cup stays comfortably in place. The pronounced grip rings on both the body and the stem guarantee easy access for removal of the cup yet they are soft and gentle for those with sensitive skin.

FDA STANDARD

Your LENA Cup is one of the few menstrual cups registered with the FDA (*Food and Drug Administration*). Our production facility is registered with and regulated by the FDA as a medical device manufacturer. Our production process complies with FDA's high level of quality control requirements, matching LENA's own expectations of an exceptional quality product.

GET TO KNOW YOUR LENA



NOTES ON LENA

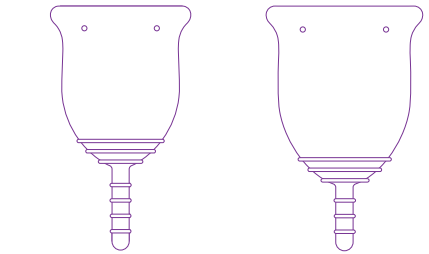
- You must empty your cup at least two times per day
- You can wear LENA overnight and up to 12 hours
- Always keep your LENA Cup clean
- Always wash your hands when handling your cup
- LENA should seal to your vaginal walls, not your cervix
- You do not need to remove your cup when using the toilet
- You must remove your cup prior to sexual intercourse
- Make sure that the four air holes are always clean and open
- Store in your LENA cotton bag or any breathable container
- Keep LENA away from children and animals
- If you notice any cup damage, please replace it immediately
- LENA Cup is not a contraceptive device
- LENA won't protect you from sexually transmitted diseases
- Do not use LENA Cup for post-natal bleeding
- Do not let your cup overflow while wearing it
- With proper care LENA can last for years

- To avoid staining, rinse your cup with cold water first
- During the first days of use establish your own individual emptying schedule. Check and empty your cup every few hours, depending on fill level and adjust accordingly
- If you have or are experiencing any gynecological problems, please consult your physician prior to using a menstrual cup
- If you are experiencing any pain, pressure or discomfort while using your menstrual cup, please remove it immediately and consult your physician

Toxic Shock Syndrome (TSS) is a serious and potentially fatal disease caused by toxin-producing strains of the *staphylococcus aureus* bacterium. TSS has been associated with high absorbency tampon use. TSS symptoms include, but are not limited to, sudden high fever, diarrhea, vomiting, sunburn-like rash, fainting or blacking out. If you experience any of the above symptoms during or shortly after your period, seek medical assistance immediately.

LENA SIZING

LENA comes in two sizes. Most women can wear either size and choose one over the other based on flow amount, cervix height and overall physique.



LENA SMALL
Normal flow
25ml volume

LENA LARGE
Heavy flow
30ml volume

CONTACT LENA

We love hearing from our customers! If you need any help with your LENA Cup, have a comment or question, or would like to share your LENA story please contact us at: hello@lenacup.com

A digital version of this instructional manual along with more useful information is available at lenacup.com

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