

Hello from Lena

Thank you for choosing Lena.

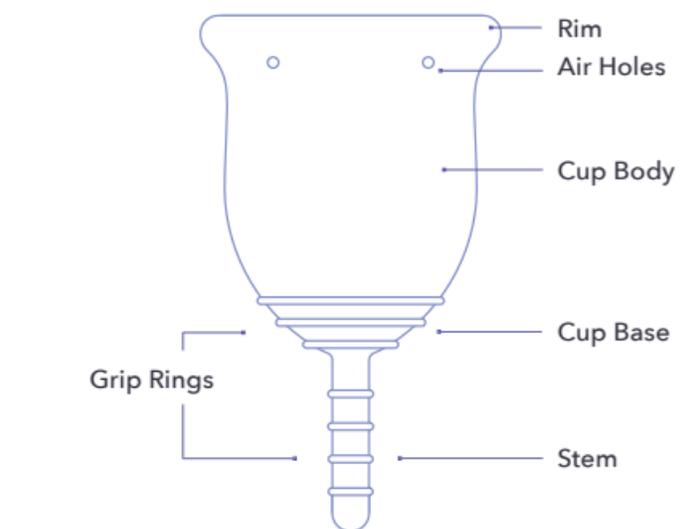
At Lena, we believe a shift in consciousness is happening. Collectively, people across the globe are making strides toward a better way of being and living.

Inspired by this modern awareness we designed the Lena Cup so you can maintain a comfortable and active lifestyle during your period. Lena was developed for complete comfort and functionality - you can dance, run, swim and use your cup overnight.

I'm thrilled for you to try Lena, it has changed my life and I believe it will improve yours. Welcome to a better period.

Vili and the Lena team
A better period.

Get to know your Lena Cup



Why Lena

A Healthy Period

Lena is a reusable menstrual cup that collects rather than absorbs your monthly blood flow. Lena Cup is made of premium US-sourced and tested medical grade silicone and dyes.

As Nature Intended

Because it collects rather than absorbs your menstrual fluid, Lena allows for your body to maintain its natural, healthy pH levels and will not cause dryness or itching. 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.

Stay Active and Comfortable

Lena was designed so you can maintain an active lifestyle. You can dance, run, swim and use your cup overnight. Lena is ideal for menstruating individuals of all ages, body shapes and experience levels. You can wear Lena for up to 12 consecutive hours before having to empty your cup.

Caring for 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. At Lena, we proudly localized our supply chain to a 50-mile radius in Southern California.

Premium Quality

Lena is made of premium medical grade silicone and dyes that have gone through extensive biocompatibility testing and do not leach any chemicals or irritants. Lena Cup is hypoallergenic and does not contain latex, dioxin or BPA.

Engineered for Perfection

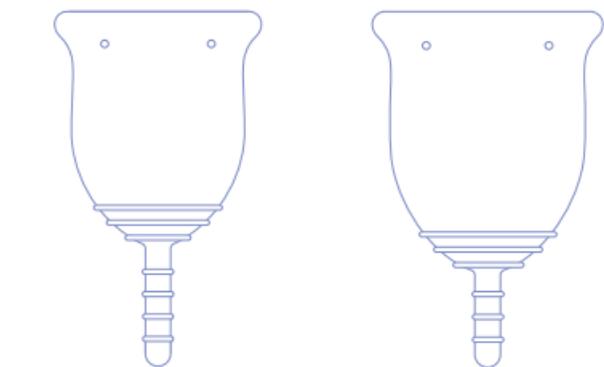
Lena was developed to function precisely in all body shapes - the soft silicone and unique design offer a leak and sensation-free period. When positioned correctly, you will not feel any sensation from your cup. Lena's innovative cup design allows for a snug fit with your vaginal walls, ensuring your 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 on the skin.

FDA Standards

Your Lena Cup is registered with the United States Food and Drug Administration (FDA). 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.

Sizing Guide

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



Lena Small Cup

First time cup users
Regular flow
25ml volume

Lena Large Cup

Higher capacity
Heavy flow
30ml volume

Notes

- You must empty your cup at least two times per day.
- You can wear Lena overnight and up to 12 hours at a time.
- 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 can use the toilet while wearing your cup.
- You must remove your cup prior to sexual intercourse.
- Ensure that the four air holes are always clean and open.
- Store your Lena Cup in its original cotton bag.
- Keep Lena away from children and animals.
- If you notice any cup damage, replace it immediately.
- Lena Cup is not a contraceptive device.
- Lena won't protect you from sexually transmitted diseases.
- Do not use Lena for prenatal or postpartum bleeding.
- Do not let your cup overflow while wearing it.

- 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 gynecological problems, please consult a 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 a physician.

Toxic Shock Syndrome (TSS) is a serious and potentially fatal disease caused by toxin-producing strains of the staphylococcus aureus bacterium. 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.



User Guide

Using Lena

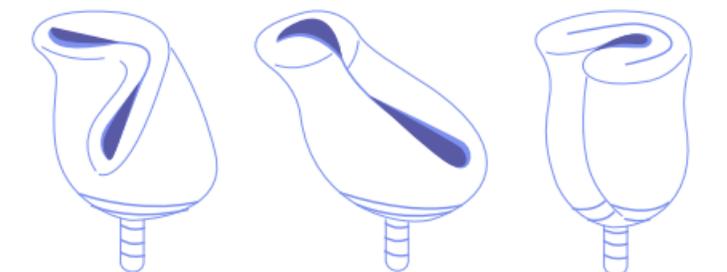
Learning how to effortlessly use your Lena Cup can take some time, patience and practice. For some users this can take a couple of cycles but once mastered, using your Lena Cup will feel natural and easy.

When learning how to use a new cup, we encourage users to experiment with the different folds, to insert their cup higher or lower in the vagina and to find their own unique insertion and removal method. If you need assistance, please contact us at hello@lenacup.com.

Boil your 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

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, since 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.

Insertion

WASH. Using water and mild soap, wash hands and cup.

FOLD. Fold your cup.

RELAX. You can stand, sit or raise one of your legs. Hold your cup firmly folded and guide it towards your vagina.

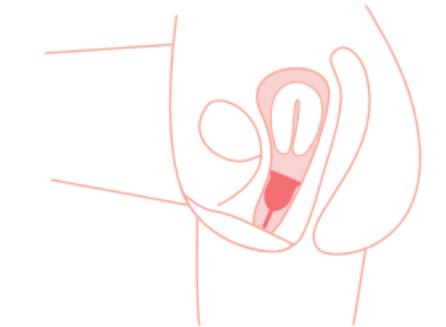
SEPARATE. Relax your pelvic muscles and gently separate your labia with your other hand.

INSERT. Guide your cup into your vagina, pointing it upwards and slightly toward your tail bone. Aim to keep your cup folded until it is entirely inside of your vagina.

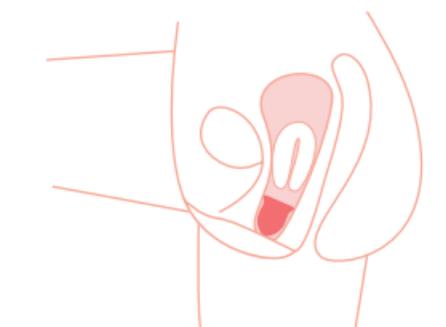
RELEASE. Gently release your folded cup - it will pop open and seal to your vaginal walls, not to your cervix.

TEST. Run a finger along the base of your cup to check for folds and gently try to rotate the cup to test that it is sealed. If your cup has sealed, it will not yield to your attempts to rotate it. Once placed correctly and sealed, your cup will stay in place and collect your flow.

1. High cervix position



2. Low cervix position



The stem

Lena Cup will position itself differently for everyone. 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 your monthly cycle. Most Lena Cup users do not have to trim the stem and can accommodate the entire length of the cup and stem (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).

Wear your cup for a couple of days to establish where the cup sits and if you need to trim the stem. Most users do not need to trim the stem.

Never attempt to trim the stem while wearing your 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 and release the seal.

Removal

WASH. Using water and soap, wash your hands.

RELAX. Relaxing is essential for the removal of your cup. You can stand, sit or squat to remove your cup.

LOCATE. Insert your fingers into your vagina and locate the base of your cup - if you cannot reach it, gently bear your weight down and 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. Hold the base of the cup and shimmy your cup from side to side while guiding it out. Keep your cup upright to avoid spills.

EMPTY. Empty and wash your cup.

RE-INSERT OR STORE. Once empty and clean, re-insert your cup as outlined in the Insertion section of this User Guide. If your period is finished, store your cup in its original Lena cotton bag or in any breathable container.

Help

I can't get my cup out.

Your Lena Cup cannot get lost inside of your vagina.

If you cannot comfortably reach your cup, please 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 help move your cup lower.

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.

Do not pull on your stem for removal, use the stem to shimmy your cup from side to side until you are able to grab and 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.

Help

My cup is leaking.

When learning how to use your cup, some initial leaking is normal - please be gentle and patient with your body.

As long as there is no pain or discomfort, experiment with the different folds and placing your cup higher or lower in your vagina. After insertion, run a finger along the base of your cup to check for folds and gently try to rotate the cup to test that it is sealed. If your cup has sealed, it will not yield to your attempts to rotate it.

Please note that Lena was designed to sit comfortably inside of your vaginal canal but away from your cervix. If your cup comes into contact with your cervix, you may experience cramping and discomfort. Please adjust accordingly.

Visit our [FAQ section on lenacup.com](#) for additional tips.

Contact Lena

We love hearing from our customers.

If you need any help with your Lena Cup, have a comment or a question, or would like to share your Lena story please contact us at hello@lenacup.com.

A digital version of this User Guide is available in English, French, Spanish and Korean, along with other useful information at lenacup.com.

For Lena Cup product news, promotions and giveaways follow us [@mylenacup](#) on most social media channels.

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