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Fig.1



Fig.2

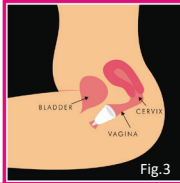


Fig.3

Sizing



- For women under 30 years old who have never delivered vaginally or by caesarean section.
- Pour les femmes de moins de 30 ans et n'ayant jamais accouché, par voie naturelle ou par césarienne.
- Para mujeres menores de 30 años que nunca hayan tenido un parto vaginal o una cesárea.
- Für Frauen unter 30, die noch nie ein Kind geboren haben, weder vaginal noch per Kaiserschnitt



- For women age 30 and over and/or women who have delivered vaginally or by caesarean section.
- Pour les femmes de 30 ans ou plus et/ou ayant accouché, par voie naturelle ou par césarienne.
- Para mujeres 30 años y más y/o que hayan tenido un parto vaginal o una cesárea.
- Für Frauen ab 30 bzw. für alle Frauen, die bereits ein Kind vaginal oder per Kaiserschnitt geboren haben.

The DivaCup® User Guide - English

Thank you for purchasing The DivaCup® menstrual solution! You join satisfied users worldwide who enjoy its convenience, save money and lessen their eco-footprint!

A. How to insert The DivaCup®:

IMPORTANT PRODUCT SAFETY INFORMATION: DO NOT USE The DivaCup® before you read and understand these instructions. It is **NOT** inserted like tampons, other menstrual cups or diaphragms. **RETAIN FOR FUTURE REFERENCE.** This User Guide is informational in nature and is not offered as medical advice, nor does it substitute for a consultation with your physician. If you have any gynecological/medical concerns or conditions, please consult your physician prior to using a menstrual cup.

Step 1: Fold Prior to insertion, thoroughly wash your hands and The DivaCup® for 15-20 seconds with warm water using the DivaWash® or a mild, unscented soap. Hold the cup with the stem pointing down.

• **Fold Option 1** (Fig. 1) Press the sides of the cup together and then fold it in half again forming a tight "U" shape; OR

• **Fold Option 2** (Fig. 2) Place a finger on the top rim of the cup and press it down into the center of the inside base to form a triangle. This makes the top rim much smaller to insert.

Step 2: Hold With one hand, hold the folded sides firmly together with your thumb on one side and your four fingers on the other side just below the top rim of the cup.

Step 3: Insert (Fig. 3) Take a comfortable position: standing, sitting on the toilet, or squatting. Relax your vaginal muscles. The vagina is an elastic, muscular tube only about 3 – 4 inches (8-10 cm) long. Gently separate your labia with your opposite, free hand. Insert The DivaCup® into the vagina aiming it horizontally towards your tailbone (located at the base of your spine) and away from the cervix. The DivaCup® will open before it is completely inserted; however, continue to insert towards the tailbone until the stem is even with the vaginal opening and does not protrude. **DO NOT** push the tip of the stem further than 1/2 inch (1.27 cm) into the vagina. Inserting The DivaCup® too high may cause leaks and may also make removal more difficult.

Step 4: Rotate Grip the base of the cup (not the stem) and turn the cup one full rotation (360 degrees) in either direction or insert the cup about half way, turn the cup one full rotation and then push it in the rest of the way. It must rotate easily as this ensures that it is fully open and that it is positioned horizontally towards your tailbone. You can also make sure the cup is completely open by inserting a finger into the vagina and gently pressing on one side of the vaginal wall to create space for the cup to fully open. If the stem irritates the vaginal opening once it is positioned correctly, you may remove the cup and trim the stem slightly, but no shorter than 1/4 inch (0.6 cm). Cutting the stem completely will make removal difficult.

B. How to remove The DivaCup®:

Thoroughly wash your hands as recommended. In a comfortable position, either standing, sitting on the toilet, or squatting with your buttocks resting on your heels, bear down in a series of gentle downward pushes with your abdominal/pelvic floor muscles (as if you are having a bowel movement). Since the vagina is only about 3 – 4 inches (8-10 cm) long, insert your thumb and index finger until you can reach the stem. Gently pull the stem horizontally until you can firmly pinch the base of the cup. Squeeze the cup gently to release the seal. As you remove it, angle it sideways while moving it from side to side. Once removed, hold the cup upright so the contents remain inside the cup. Simply empty the contents into the toilet. Wash it thoroughly as directed and reinsert.

NOTE: Do NOT panic if you cannot reach the stem and are unable to remove it. There is no urgency as you are able to wear it for up to 12 hours at a time. Wear a sanitary pad as the cup has not been positioned correctly. Gravity will naturally bring it down as the cup fills up. Follow removal instructions. In the rare case that you are unable to remove The DivaCup® after 12 hours, seek medical advice from a physician.

With a bit of practice as per instructions, it should only take a few seconds to insert or remove The DivaCup®.

C. How often to empty and clean The DivaCup®:

The DivaCup® conveniently holds one ounce (30 ml). The entire, average monthly flow is approximately 1 to 2 ounces (30-60 ml). The DivaCup® can be worn up to a maximum of 10 – 12 consecutive hours, such as overnight, before removing, washing and reinserting. By monitoring the fullness of the cup, you will quickly learn how often to empty it according to your personal needs. We recommend that it is emptied, washed and rinsed a minimum of 2-3 times daily. If you have a fairly regular cycle, you can insert The DivaCup® the day your period begins to prevent messy leaks.

Clean the cup with the DivaWash®, which is specially formulated to gently cleanse The DivaCup®, or use a mild, unscented soap and warm water. Do not use vinegar, tea tree oil, scented soap, castile/peppermint soap, oil based soap, rubbing alcohol, antibacterial soap, hand sanitizer, pre-moistened wipes, dish soap, hydrogen peroxide, bleach or harsh chemicals as these may damage the silicone and cause irritation.

The DivaCup® may naturally, slightly discolor over time. This does not impair its functionality. As needed, it may be boiled for 5-10 minutes in an open pot with plenty of water. Do not leave the boiling pot unattended. If you accidentally burned your cup if the pot boiled dry, your cup may be ruined and should be replaced.

The tiny holes located below the rim must be kept clear and clean at all times. Gently stretch each hole under warm running water to remove any debris. At the end of your cycle, thoroughly wash, rinse and dry The DivaCup® completely. Store it in the cotton bag provided, not in a plastic bag or airtight container.

It is not necessary to remove The DivaCup® before urinating or having a bowel movement. Make sure that you urinate often and that you empty your bladder completely each time.

If you are unable to wash The DivaCup® after removal (for instance when using a public restroom), wash your hands thoroughly before entering the stall, empty the contents in the toilet and simply use a dry or damp tissue to clean the cup. At the next convenient time, clean as instructed.

When traveling, or otherwise, always wash the cup using potable (safe to drink) water.

D. What should you do if the cup leaks, moves up, slides down, is difficult to insert or remove, or is uncomfortable:

Please review instructions. For a proper fit, ensure that it is positioned horizontally and rotates easily. Since women come in all shapes and sizes, especially after childbirth, it is difficult to predetermine the vaginal size. After trying Model 1, some women find that they need to use the Model 2 even if they are under 30 years old and never had childbirth. If Model 2 leaks, rides up or slides down, the pelvic floor muscles may need to be strengthened by doing Kegel exercises.

E. How often to replace a menstrual cup:

Silicone is very durable but depending on factors unique to each woman, the lifespan of the cup varies. Insert your cup regularly for signs of deterioration such as a sticky or powdery film, severe discoloration, odor and/or if you experience irritation. Since it is a personal hygiene product, a general guideline is to replace it once a year. Ultimately, it is up to the individual to decide when to replace the cup.

Precautionary Warnings:

- Use pursuant to directions and during menstruation only.
- Remove The DivaCup® prior to intercourse. The DivaCup® is not a contraceptive and will not protect you against sexually transmitted infections.
- The DivaCup® and IUDs: All women are different so be informed about your particular IUD's benefits and risks and consult with your physician.
- Dispose in trash. Do not flush it down the toilet.
- Keep The DivaCup® away from children and animals.
- If you experience any adverse effects, discontinue use and consult with your physician.

Customer Service

Carefully follow the instructions for best results. Visit divacup.com for more information. For other questions, contact our trained customer service advisors by phone, email or fax.

ATTENTION: Diva International Inc. cares for your safety. Menstrual cups are personal hygiene medical devices and may not be returned or exchanged. All sales are final.