

Silky Cup

Reusable Menstrual Cup

Usage Guide

Website: www.silkycup.com




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SIZING

Silky Cups are available in three sizes, S, M & L to suit the individual needs.

S (Small)	M (Medium)	L (Large)
Size suitable for preteen girls and very slim or small framed teenage girls upto the age of 15 years	Size suitable for women who have a medium build or have not given birth to a child or women up to the age of 30 years.	Size suitable for women who have a tall and strong build or have given birth to a child by vaginally or by caesarean section or who are over the age of 30 years.

Size Guide

Size Suitable For	Size - S	Size - M	Size - L
Preteen Girls	S		
Very slim or small framed teenage girls	S		
Women who have medium build		M	
Women who have not given birth to a child		M	
Women up to the age of 30 years		M	
Women who have tall and strong build			L
Women who have given birth to child by vaginally or caesarean section			L
Women who are over the age of 30 years			L
Capacity	18ml 	24ml 	30ml 

Can I cut the stem?

Yes, you can cut the stem. The stem should be completely internal as if it's not, it will cause irritation to the labia. If you feel the stem is too long, yes, you can cut it either partially or completely. Just be careful whether you don't pierce the bottom of the cup in this process.



Why does the stem of my cup seem to protrude?

Due to the reasons listed above, each woman may find that her cup sits differently when inserted (either higher or lower). This is normal and the cup is designed so that the stem may be trimmed if necessary. It is important to remember that no part of the stem should protrude outside of the vagina as this will cause discomfort with your labia. While your cup is removed, cut about a centimeter of the stem at a time, re-insert and wear for an hour at a time until you find the length that is comfortable for you.

Technical Specifications

Cup Size	L (Large)	M (Medium)	S (Small)
Size suitable for	Suitable for women who have tall and strong build or given birth to a child by vaginally or by caesarean section or who are over the age of 30 years.	Suitable for women who have medium build or not given birth to a child or women up to the Age of 30 years.	Suitable for preteen girls and very slim or small framed teenage girls up to the age of 15 years.
Cup Diameter	46 mm	43 mm	40 mm
Cup Length	57 mm	57 mm	50 mm
Total Length of Cup with Stem	72 mm	72 mm	65 mm
Capacity to Rim Bottom	30 ml	24 ml	18 ml
Capacity to Rim Top	35 ml	28 ml	20 ml
Stem Length	15 mm	15 mm	15 mm
Stem Type	Solid	Solid	Solid
Firmness / Softness	Soft	Soft	Soft
Material	100% Thermoplastic Elastomer (TPE)	100% Thermoplastic Elastomer (TPE)	100% Thermoplastic Elastomer (TPE)
Cup life expectancy	Upto 10 years if maintained correctly	Upto 10 years if maintained correctly	Upto 10 years if maintained correctly

Note : Always read the instructions that come along with your Silky Cup prior to use.

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 napkin or 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 Silky Cup 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 Silky Cup.

Folding Methods for Menstrual Silky Cup

While folded, the menstrual Silky Cup is inserted, into the lower vagina but beyond the pubic bone. When released, the Silky Cup unfolds and is held in position by a seal formed by the walls of the vagina and pressure from the vaginal muscles. You can try different folding methods and find the best one for you.

"C-fold" or "U-fold" or "Heart fold"

Fold your cup into a "C" shape by using both of your hands. Flatten two sides together and then fold onto itself. Using your dominant hand, hold just below the rim of the cup firmly, spread your legs and separate your labia with your free hand. Make sure the round side of the "C" is facing up.



"Punch down fold" or "Shell fold"

"Punch down fold" or "Shell fold" is the folding method that younger women use. The Silky Cup is smaller to insert but depending on unique anatomy this fold might be difficult to get open.



"Triangle fold" or "7 fold"

"Triangle fold" or "7 fold" is a nice fold if you have problems to get the Silky Cup in. There also might be problems to get the Silky Cup open correctly with this fold.



Tips for first time insertion

Being relaxed in a distraction-free environment is important and will give you the privacy required to insert it at your own pace and with care. If you are not relaxed, the vaginal muscles will tighten and make it uncomfortable, if not impossible, for insertion. Taking the time to locate the tip of your cervix (it feels like the tip of your nose) is also a good idea – all you need to do is insert a finger in your vaginal opening. Knowing where this is will period when the vagina is more flexible and the blood works as a lubricant. This may make you comfortable before your menstruation actually begins, so you won't get frustrated upon first 'real' use. While most women use the typical "C" fold but it is important to practice your folds until you find one that works for you.

As for insertion itself, the Silky Cup should be inserted toward the small of your back and not to be inserted straight up. Patience is key as it may take several attempts before getting it right. It will relax you to practice without the expectation of perfection so that you don't frustrate yourself. After you insert the Silky Cup, you will need to determine whether the stem is necessary for you or if it requires a trim. No part of the stem should be outside of the vagina. The stem may be necessary for removal, so keep this in mind when making your decision.

Do not worry about making your cup's position match a picture or diagram. What's most important is comfort and not leaking. Every woman is different and therefore it may fit differently with everyone.

How do I insert my Silky Cup?

Always read the instructions that come along with your Silky Cup prior to use. It is easier to insert or remove when relaxed. It only takes a few seconds to insert or remove and becomes simpler with repeated use. Always clean your Silky Cup before first use.

Wash your hands with gentle soap and water. Rinse your hands thoroughly and then rinse your cup under water as it's easier to insert when wet or you can insert it in the shower.



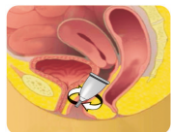
Fold your cup into a “C” shape by using both of your hands. Flatten two sides together and then fold onto itself.



Using your dominant hand, hold just below the rim of the cup firmly. Spread your legs and separate your labia with your free hand. Make sure the round side of the “C” is facing up.



From either a standing (with one leg up), squatting, or sitting position, make sure the “C” side of the cup is facing up, and then insert the cup into your vagina coming at a 45 degree angle (toward the back of the spine). Once the cup and the stem are not visible you can stop inserting.



Ensure that the cup is properly in place by twisting it three hundred sixty degrees so that a seal can be formed. Ensure that the Silky Cup has get opened properly inside your vagina to prevent leakage. Simply you have to insert your forefinger inside your vagina and rotate it around your Silky Cup to ensure whether the Silky Cup has get opened and formed a seal inside the vagina.

Wash your hands afterward with soap and water.

Tips for first time removal

It is important to be relaxed. Do not pull on the stem as it will reinforce the suction and will cause a mess as there will be less support. Use the stem to find the bottom of the cup. From there, pinch or squeeze the bottom of the cup – the bottom has solid part for gripping. Lightly pull the cup from side to side to release from the vaginal walls. You will hear when the suction is released. Rock the cup gently from side to side during removal. It may not be necessary for everyone, but helps for removal when the cup is being stubborn. When removing, remember to keep the cup in an upright position to prevent spillage.

How to remove Silky Cup

Silky Cup can be left in place safely for up to 12 hours and most women find it sufficient to empty it only once in the morning and once in the evening before bed. This varies on your individual cycle and flow level. You will become more accustomed to your flow after a few months of use.



Wash your hands with warm water and soap. From a comfortable position (squatting is the easiest), relax your vaginal muscles and feel for the base of your cup. Gently tug on the stem to release the seal, and then pinch slightly to remove one side first and then the other. Hold the cup upright to avoid spillage.

When removed, the contents can be discarded into the toilet. Then you may rinse your paper or use bottled water. The best way to clean Silky Cup is wash it under the water. If water is not available then you can either wipe it with toilet water.



Reinsert Silky Cup. Wash your hands after with soap and warm water.

Cleaning Silky Cup

Daily cleaning (you do this whenever you empty your Silky Cup).

To clean Silky Cup during usage, you can rinse it under running tap water, or wipe it with toilet paper or paper towels. Remember to empty and wash your Silky Cup at least twice a day, a minimum of every 12 hours. If you are unable to wash The Silky Cup after removal (for instance when using a public toilet), wash your hands thoroughly before entering the stall, empty the contents into the toilet and simply use a dry or wet wipes to clean the cup. When traveling or otherwise, always wash the cup using potable water. After your menstrual cycle has ended, all that Silky Cup requires is to be washed with soapy water.

Sterilizing Silky Cup

Sterilizing (it is mandatory to sterilize your Silky Cup before you use it for your each period or before you store your Silky Cup away).

The procedure to sterilize your cup is:

Boil the Silky Cup in an open pot of boiling water for three to five (3 -5) minutes with plenty of water. Do not leave the boiling pot unattended. If you accidentally burned your Silky Cup when the pot boiled dry, your Silky Cup may be ruined and should be replaced.

Do not use your dishwasher to clean your Silky Cup. Although your cup can handle the heat, some chemicals and cleaners may either damage your cup or leave residue and cause irritation or infection. Gentle soap and water is the best course of action in maintaining cleanliness.

Discoloration is normal. If you become aware of any rips, tears, or changes in texture of your Silky Cup, it is time to replace it.

Sterilize the Silky Cup prior to first use and again before each use, place Silky Cup in boiling water for 3 to 5 minutes. This is to ensure hygiene. When cleaning your Silky Cup be sure to avoid using: vinegar, tea tree oil, scented/fragranced soap, castile/peppermint soap or any other oil based soap, cloth detergent, rubbing alcohol, antibacterial soap, hand sanitizer, pre-moistened wipes, hydrogen peroxide, dishwashing soap, bleach or harsh chemicals.

Storing Silky Cup

After proper cleaning, store your Silky Cup in your clean and dry carrying pouch, in a safe place, where it can stay until your next period. The supplied fabric pouch with Silky Cup is ideal, as it provides maximum protection and air flow. You could also use a clean, lint-free cloth bag. Silky Cup should not be left in direct sunlight and never expose your Silky Cup to very high temperatures (over 140°C / 284°F).

Warnings

For those concerned about the state of their hymen (stretching/tearing/breaking), please consult your health care professional. The Silky Cup does not affect the state of a woman's virginity. Always speak to your physician before the use of any internal feminine hygiene products such as menstrual cups or tampons. Contact your physician if you have any other gynaecological concerns or questions, and contact your physician before use of Silky Cup if you have pre-existing gynaecological issues. Use according to instructions. In case of discomfort, discontinue use and speak to your physician.

Silky Cup does have the potential to leak, whether it's because of a heavier flow day or when using Silky Cup for the first time and may not know your proper size. If you're worried about leakage, wear a back-up pad and empty more often. Menstrual cups are not a form of contraceptive and must be removed prior to sexual intercourse. Never forget that you have a Silky Cup in. Although there have been no related cases of toxic shock syndrome (TSS) with Silky Cups, it's still important to follow the 12-hour rule (empty and rinse at least every 12 hours). If you leave it in longer always watch out for symptoms of TSS. If you notice symptoms, consult your physician immediately.

Don't be discouraged if a friend is disgusted by the concept of menstrual cups. Some will have heard of them while others have not. A good idea is to try to gauge their reaction by asking if they've heard of it, and then decide whether you want to broach the subject of sharing your experience or convincing them to give them a try.

Precautionary Warnings

- Use pursuant to directions and during menstruation only.
- The Silky Cup 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 Silky Cup away from children and animals.
- If you experience any adverse effect, discontinue the use and consult with your physician.

Note : The Silky Cup is available in three sizes, Large, Medium and Small. Your cup size is stamped on the inside rim of the cup. There is a small difference between the three sizes, but it is important to use the recommended sizing to prevent leakage. There is not a big difference between the Large and Medium sizes, Medium is 3 mm smaller than Large, but it is important to use the recommended sizing to prevent leakage. We recommend Large if you are 30 years old or older even if you have not had vaginal childbirth or a c-section because as we age, our hips naturally widen and the vaginal muscles lose elasticity. Because the vaginal muscles hold The Silky Cup in place, it is important to use Large if you are over 30, even if you have not had children.

ATTENTION:

Silky Cup cares for your safety. Reusable menstrual cups are personal hygiene products and may not be returned or exchange. All sales are final. If you have any gynecological/medical concerns or conditions please consult with your doctor prior to use a reusable menstrual cup. Use pursuant to directions. If you experience any adverse effect, discontinue the use and contact your Physician.

CAUTION:

Do not use the Silky Cup before you read and understand the instructions. Silky Cup is not to be inserted like tampons, other reusable menstrual cups or diaphragms. Keep instruction for future reference.

Sterilize the Silky Cup prior to first use and again before each use

Customer Service

Carefully follow the instructions for best results. Visit: www.silkycup.com for more information.

For other questions, contact our customer service advisors by email.

Manufactured By :

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