

Please read this guide carefully before using the cup for the first time. Save it with the packaging for future reference.

BEFORE FIRST USE

Get set with Lunette



1. CHECK HOLES
Check that the air holes at the top of your cup are open. Wash your hands.



2. WASH HANDS



3. WASH CUP



4. BOIL CUP

Wash your Lunette with Feelbetter Cup Cleanser and rinse, then boil it in a large pot of water for 20 minutes. Make sure there is enough water so that the cup does not get burned.



FOLD + HOLD

WASH your hands first. Get comfy: you can insert the cup while sitting, standing or squatting. Spreading your legs will help with a successful and comfortable insertion. Relax.

FOLD the cup in on itself to make flat, then in half to form a C shape.

MORE FOLDING TIPS:
www.lunette.com



INSERT

Keep it rolled up and guide it rim-first into the vagina. To check that the cup has fully opened, slide a clean finger up to the cup bottom and feel it - it should be round.

Lunette can be used any time in your menstrual cycle, from heavy to light flow days. You can insert it in anticipation the day your period starts!



WEAR + LEARN

Lunette Cup can be used for up to 12 hours, so it's safe to wear overnight! You may have to empty your cup more often, e.g. 2-4 times a day, depending on your flow. The measuring lines on the cup help monitor your flow and easily learn your rhythm.



MODEL 1:
13.5ml / 0.46 oz
5ml / 0.17 oz



MODEL 2:
15ml / 0.5 oz
7.5ml / 0.25 oz



REMOVE + EMPTY

Wash your hands and relax your muscles. Push the cup lower using your pelvic floor muscles. Grasp the bottom of the cup with your forefinger and thumb. To break seal, squeeze the bottom ridged part of the cup, until you feel the suction release.

Rock it back and forth, and gently ease it out. Be sure not to pull it out by holding the stem alone. Tip contents into the toilet. Rinse & Reuse.

NEAT, CLEAN AND EASY!

ATTENTION! STRONG DETERGENTS CAN LEAVE RESIDUE ON THE CUP CAUSING IRRITATION TO YOUR VAGINAL MUCOUS MEMBRANES.



CLEAN + SANITIZE

Lunette should be cleaned before and after your cycle, and after emptying. To avoid discoloration, first rinse your cup with cool water, then wash under hot water. Use the Lunette Feelbetter Cup Cleanser, designed specifically for silicone cups. After your period sanitize the cup by boiling it in a large pot of water for 5-10 minutes.

TO CLEAN THE CUP YOU MAY ALSO USE:

- Lunette Cupwipes
- Mild, perfume and oil free soap
- Antiseptic solution

DISTRIBUTED BY LUNE NORTH AMERICA INC.,
HELENA, MT., USA LUNETTE.COM/US

DISTRIBUTED BY ECOHEALTH PTY LTD.
AUSTRALIA LUNETTE.COM/AU/

How does it work?

The Lunette Menstrual Cup fits nice and snug, held in position by the seal formed by the walls of the vagina and the vaginal muscles. Your interior is superior and does all the work – you'll barely feel a thing!

The cup is placed entirely inside the lower part of the vagina, just behind the pubic bone below the cervix.

Vaginas are tilted backwards, so guiding the cup towards the small of your back, moving it up and down will help you find the correct and comfortable position.

Rotate the cup to check that it has fully opened and doesn't leak. Your cervix may move during menstruation, so inserting the cup requires practice and knowledge of your own anatomy.

Cup use wisdom

-Many like to remove the cup while straddling the toilet bowl or squatting which helps the vagina open and the cup descend closer to the opening of the vagina.

-Always pull the cup out by pinching the ridged cup bottom. Don't pull on the stem, this will make the contents spill and might break the stem.

-No need to remove Lunette when urinating, but after defecation you may need to check that the cup is still properly in place. Wash your hands carefully!

-Occasionally the cup sits so far inside the vagina that it's tricky to reach the

cup (can happen during the night). The cup **CAN NOT GET LOST** in the vagina – it will come down by force of gravity. Wait at least half an hour, remain upright to allow it to settle and try again.

-Store your Lunette Menstrual Cup properly ventilated, in its own pouch, not in a plastic bag or container.

-If you can't wash the cup right away use Lunette Cupwipes.

-In case of discomfort due to the stem length, you may trim it with scissors.

Cautions

-Use the Lunette Menstrual Cup only during menstruation.

-Replace Lunette when any signs of damage are observed.

-Lunette should sit in the lower vagina as a receptacle for menstrual bleeding. If the cervix is obstructed, you could experience unpleasant feeling or cramping.

-Lunette is not a contraceptive device nor can it be used during sexual intercourse.

-Lunette does not protect users from sexually transmitted diseases.

-Remember to wash your hands carefully when handling Lunette.

-Don't use Lunette for more than 12 hours at a time.

-Remove Lunette and contact a physician if you experience symptoms such as general pain, burning, irritation, inflammation in the genital area, or discomfort during urination.

-Lunette should not be used for post-natal bleeding because of a higher risk of infection.

-Keep Lunette away from children and pets.

-You can use your Lunette with an IUD or with a contraceptive ring, but please check with your doctor to get the all clear. The strings of the IUD should be cut as short as possible and you should monitor their length regularly during periods. If the strings seem longer than normal, it might be a sign that the IUD has moved – if so, you should check with your doctor.

-When your cup is damaged, or otherwise need to dispose of, help protect nature and simply burn your old cup. #zerowaste!

TOXIC SHOCK SYNDROME (TSS)

Is an infection caused by bacteria entering through wounds or mucous membrane.

SYMPTOMS INCLUDE: Sudden high fever, sore throat, vomiting, diarrhea, dizziness, a rash resembling sunburn, muscle aches, fainting or blackouts. TSS is an extremely rare, potentially fatal disease occurring in men, women and children. TSS is connected with absorbent tampons. Early recognition and cure is vital, so if you have some of the symptoms mentioned above, remove the menstrual cup immediately, contact your doctor and tell him/ her about the possibility of TSS.

PRODUCED BY LUNE GROUP OY LTD
KOPSAMONTIE 138, 35540, JUUPAJOKI, FINLAND
EN WEB / 6438458132501 / v1.0