



USER GUIDE

WELCOME TO iluvcups

Congratulations on choosing iluvcups, we are on a mission to make menstruation easier! Your iluvcups menstrual cup is a homegrown, reusable solution designed for comfort, safety, and sustainability. Made from medical-grade silicone, it offers a rash-free, leak-proof alternative to disposable products.

Your package includes:

♥ 1 iluvcups menstrual cup (Small or Medium)

♥ 1 Cotton storage pouch

♥ 1 washmycup spray bottle

♥ 1 This user guide

FEATURES OF YOUR iluvcups

- ♥ Soft, Medical-Grade Silicone – Hypoallergenic, durable, and designed for your comfort
- ♥ Enhanced Grip & Texture – Unique ridges near the stem for secure handling, even with wet hands
- ♥ Higher Capacity – Holds more fluid than tampons and pads, reducing emptying frequency
- ♥ Size Options – Small and Medium sizes for your unique body and flow
- ♥ Smooth, Comfortable Rims – Ensures pain-free insertion and prevents pressure points
- ♥ Air Holes for Easy Removal – Breaks suction gently, making removal simple and mess-free
- ♥ Flexible, Trimmable Stem – Aids rotation and removal

SIZE GUIDE

	iluvcups Small	iluvcups Medium
Diameter	30mm	34mm
Length	65mm (including stem)	70mm (including stem)
Capacity	15ml	25ml

Best for

First-time users, those who haven't given birth vaginally, lighter flow	Those who have given birth vaginally and have heavier flow
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SANITIZING BEFORE FIRST USE

Option 1: Boiling Method

- Wash your hands thoroughly with soap and water
- Boil enough water to submerge the cup
- Let your new iluvcups boil for 5-10 minutes
- Carefully remove the cup once done; you may use a pair of tongs
- Allow to dry completely on a clean tissue or cloth
- Your cup is now ready for use!

IMPORTANT:

- Do not leave the boiling cup unattended
- Allow the cup to cool before handling to avoid burns

Option 2: iluvcups washmycup Method

- Wash your hands thoroughly with soap and water
- Use a single spray of iluvcups washmycup on your new cup
- Rub thoroughly ensuring you clean all surfaces
- Rinse well with clean warm water.
- Allow to dry completely on a clean tissue or cloth
- Your cup is now ready for use!

IMPORTANT:

- Ensure you clean all parts including air holes and stem
- Rinse thoroughly to remove all soap residue
- iluvcups washmycup is specially formulated to be safe for intimate use

USING YOUR iluvcups

Folding Techniques:

1. Punch-Down Fold

- Push one side of the rim down into the cup
- Pinch the sides to hold in place
- Creates the smallest insertion point, ideal for beginners



2. Labia Fold

- Push one side of the rim backwards away from the cup
- Pinch the sides to hold in place
- Creates a fold such that it opens easily



3. 7-Fold

- Flatten the cup
- Fold one corner down diagonally to form a '7' shape
- Creates a medium-sized insertion point



INSERTION STEPS:

- Wash hands thoroughly with soap and water
- Find a comfortable position:
 - Sitting on toilet
 - Squatting
 - Standing with one leg raised (on toilet seat or stool)
- Relax your muscles (tension makes insertion difficult)
- Fold the cup using your preferred method
- Aim toward your tailbone, not straight up
- Angle the cup horizontally for insertion
- Once inserted, release the fold
- Gently rotate the cup to ensure it fully opens
- Check for proper seal by running a finger around the base

Remember:

- Use water or water-based lubricant, if needed
- Do not use oil-based lubricant
- Do not try the cup when you are not on your period



Wash hands



Take your cup



Fold your cup



Insert your cup



Feel comfortable



Remove the cup



Pour out the contents



Rinse off



Reuse



REMOVAL & EMPTYING

Removal Steps:

- Wash hands thoroughly
- Relax and squat to bring the cup lower
- Use index finger and thumb to reach the base of the cup
- Most Important: Pinch the base to break the suction seal
- Gently wiggle the cup down and out, keeping it upright
- Empty contents into toilet or drain

If You Feel Resistance:

- Never pull by the stem alone
- Squat lower and use your pelvic floor muscles to push down gently
- Insert finger alongside the cup to break the seal
- Take deep breaths and relax - tension makes removal harder

CLEANING & CARE

During Your Cycle:

- Empty every 6-12 hours depending on flow
- Rinse with clean water after emptying
- Use iluvcups washmycup for thorough cleaning

- If clean water is unavailable, wipe with clean tissue and rinse properly later. Worst case, re-insert the cup without washing and wash it as soon as you can access clean water.

Using iluvcups washmycup:

- Spray to wet cup
- Rub gently to clean, including air holes
- Rinse thoroughly with clean water
- Cup is ready to reinsert

Between Cycles:

- Wash with iluvcups washmycup OR Boil for 5-10 minutes in clean water
- Rinse thoroughly
- Dry completely
- Store in breathable cotton pouch (provided)

What to Avoid:

- Oil-based soaps
- Silicone-containing products
- Scented products
- Harsh chemicals or bleach
- Dishwashers or microwaves

STORAGE & LIFESPAN

Proper Storage:

- Ensure cup is completely dry before storage
- Store in the provided breathable cotton pouch
- Keep in a cool, dry place away from direct sunlight
- Do not store in airtight containers (encourages mold growth)
- In monsoon season, ensure extra drying time before storage

When to Replace:

Your iluvcups can last 5-10 years with proper care. Replace if you notice:

- Tears or holes
 - Persistent odor despite cleaning
 - Sticky or powdery surface
 - Discoloration that does not improve with cleaning
- If you have used it when you have a yeast infection, please discard the cup responsibly.

WHEN NOT TO USE YOUR CUP

For your health and safety, do not use your menstrual cup in these situations:

- If you have a silicone allergy
- If you have medical conditions that make you prone to yeast infections
- If you have ongoing yeast infections, as they could recur
- For post-pregnancy bleeding (lochia) - wait until your doctor confirms you can resume using menstrual products
- As contraception - the menstrual cup does NOT prevent pregnancy

TRAVEL TIPS

When to Replace:

- Empty before long journeys (lasts up to 12 hours)
- Carry a small water bottle for rinsing in public toilets
- Pack iluvcups washmycup travel-size for cleanliness

SUSTAINABILITY IMPACT

iluvcups

- Replaces 1500+ disposable products
- Reduces approximately 150kg of non-biodegradable waste over 10 years
- Zero contribution to landfill waste

FREQUENTLY ASKED QUESTIONS

Health & Safety:

Is it safe for virgins? Yes, cups can be used regardless of sexual activity. Choose the smaller size and practice insertion techniques.

Can I use with an IUD? Yes, but break the seal carefully before removal and check with your doctor. Also ask your doctor if the IUD thread can be cut short.

Can I use during heavy flow? Yes, medium size holds 3-4 times more than a regular tampon.

Can I get infections? Properly cleaned cups are safer than tampons and don't cause Toxic Shock Syndrome.

Practical Concerns:

Can it leak? When properly inserted, no. Most leaks happen due to incorrect positioning or overflow on extremely heavy days.

How to know it's full? You'll feel a slight heaviness when the cup is full. Alternatively, you'll figure out how long you take to fill a cup, so time your removal accordingly.

Can I trim the stem? Yes, but try using it first. If the stem bothers you, trim a little at a time.

Customer Support

We're Here to Help!

Available: Monday-Saturday, 10am-6pm

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JOIN THE ECO-FRIENDLY PERIODS MOVEMENT

You're part of a growing community of conscious individuals choosing better period care!



linktree/iluvcups.in

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Thank you for choosing sustainability, one period at a time!

