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UNYQA®

M E N S T R U A L C U P

Instructions for use

Read and save for future reference

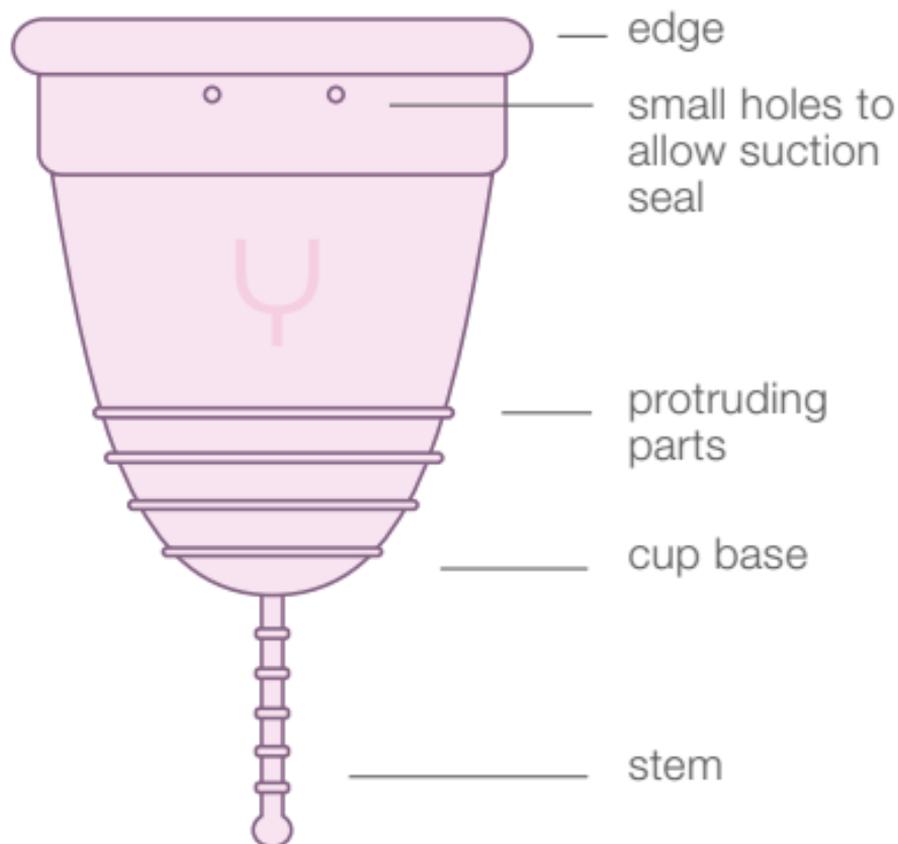
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Made in Italy

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# UNYQA®

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## How to sterilize it

Fill the medical container included in the supply with a sterilizing solution diluted as instructed by the manufacturer and dip the cup inside for 7 minutes.

Sterilize the cup at the first use and at the beginning of each new menstrual cycle.



## How to insert it

Always wash your hands with warm water and soap and rinse them thoroughly before inserting and removing the cup.



Find the most comfortable position (you can squat, kneel, seat down or stand up), try different folding methods and choose the most suitable for you:

Folding method 1



Folding method 2

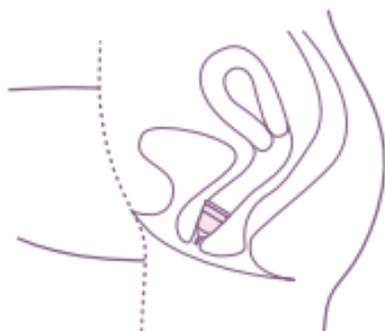


Visit the website [www.unyqa.it](http://www.unyqa.it) to discover more folding methods

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After folding it, hold it firmly in your hand as low as possible and with the other hand enlarge the outer lips.

Insert the folded cup into the vagina pushing it upwards in the direction of the back.



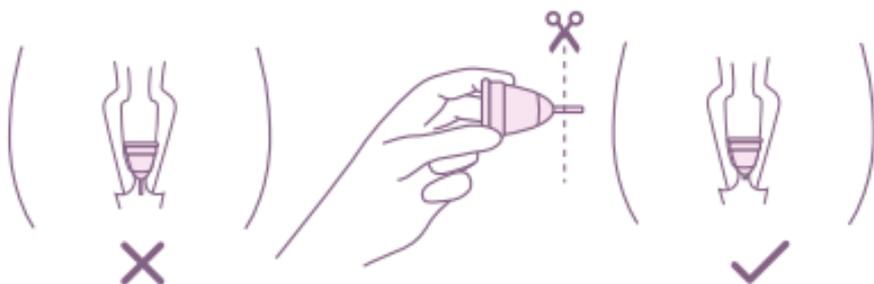
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### How to trim the stem

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The stem should not poke out. However vaginas are different and it should be necessary to shorten it. If the stem pokes out of your vagina,

it should be trimmed step by step with clean scissors. Reinsert the cup and check that the stem has the correct length.



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## How to remove it

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It will be easier to remove the cup if you squat down.



Empty the cup every 4-8 hours



Always wash your hands with warm water and soap and rinse them thoroughly before removing the cup.

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To remove the cup it is first of all necessary to remove the suction “seal effect”.

Give the base of the cup a gentle pitch to break the suction.

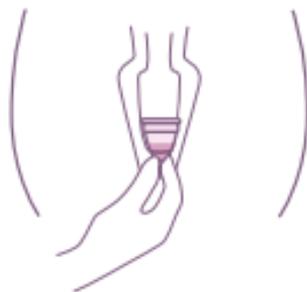


Should be difficult to reach the cup base gently pull the stem while using your vaginal muscles to push the cup downwards until you can grip it.

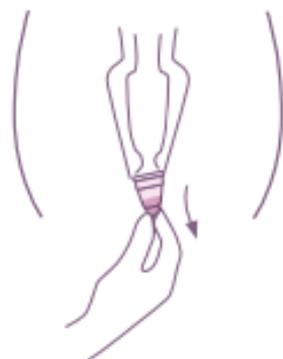
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You will feel that the suction seal will be released and the cup will become detached from the vagina walls.



When the cup will be almost out, bent it slightly to pull out half of the rim, then bent it to the other side to release the remaining half.



In this way the cup will easily slide out maintaining its vertical position with the fluid inside.





Empty the collected fluid into the toilet, rinse the cup and re-insert it.

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### How to clean and store it

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At the end of the menstrual cycle wash and dry the cup accurately before storing it in its cotton bag.

Before inserting the cup clean it thoroughly using one of methods indicated below:

#### Method 1

Fill the medical container included in the supply with a sterilizing solution diluted as instructed by the manufacturer and dip the cup inside for the required minimum time (7-10 minutes).

#### Method 2

Use a dedicated saucepan and boil the cup in clear water of 5 minutes making sure that there is always water in the pan.

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### **Small leaks:**

**Position:** This is the more frequent cause. The cup could not be inserted correctly into your vagina.

**Adhesion:** make sure that the cup adheres to the walls of the vagina. Run your finger around the cup and check it popped up completely, pitch the cup base and make it rotate or contract the vaginal muscles squeezing the cup.

**Stem:** check that the stem length is correct.

**Holes:** check that the holes are not obstructed.

**Size:** if you are using a Small size cup and it moves or drip, you may need to use a Medium size cup.

### **To remove the cup is tricky:**

It is important to be relaxed to remove the cup easily.

If removing the cup is difficult, try to relax. The vaginal muscles keep the cup into position so that tension may make more difficult to remove it.

To squat making the vagina shorter can help removing the cup.

If it is difficult to reach the cup with your hand you can help it sliding out using the vaginal muscles. With a few slow and light pushes the cup will slide downwards.

Consult the website **[www.unyqa.it](http://www.unyqa.it)** for further details and explanations.

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It is important to keep the cup clean, to wash it regularly with warm water and mild fragrance-free soap and to rinse it carefully to prevent vaginal irritation.

You can use a soft brush to clean the protruding parts.

Make sure that the small holes under the rim are not obstructed because they allow the suction seal to the vagina walls.

We recommend to replace you cup if you notice any tears or cracks.

If handled with care the cup will last for years.

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## Warnings

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The menstrual cup does not remove the risk of pregnancy

The menstrual cup do not prevent the risk of Sexually Transmitted Diseases (STD)

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# UNYQA<sup>®</sup>

MENSTRUAL CUP

Designed and manufactured Italy  
by Unyqa srl

[www.unyqa.it](http://www.unyqa.it)

Scan the  
QR code  
for any queries or  
further details.

