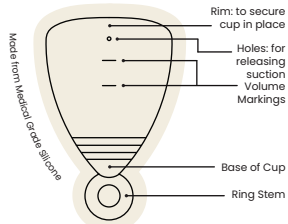




Period Cup The Yellow One



Sizing



Light / Regular Flow

15ml Capacity, Anti-Spill Rim, Ring Stem

Benefits



Environmental and Economical: Reusable and can last for up to 10 years, saving a huge amount of waste and money.



Convenient: Can be worn in the day and through the night, and is great for exercise and swimming.



Safe: Made from Medical Grade Silicone. No Latex, BPS, Toxins, harmful chemicals or fragrances.

Before you begin



Read this guide all the way through and keep for future reference



Wash your hands before and after inserting or removing your cup



Sterilise your cup before first use, see 'Cleaning & Care' Section of this leaflet



It takes practice: the cup may take a few cycles to get the hang of so don't worry if you don't get it right first time!

For more information not on this leaflet please visit our website www.eleria.com

How to insert your Eleria® Cup

Find a comfortable position



Squatting, sitting wide legged on the toilet, or lift one leg onto something, find what works best for you! If you're using the cup for the first time, try lying down if you can when you're still getting the hang of it, it will be easier to relax and is naturally a better angle for insertion

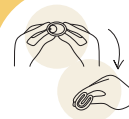


Top Tip: The cup can be easier to use when wet, use water or a little bit of lube on the rim

Fold your cup



Punchdown Fold: Using your index finger, press down on the rim to collapse the side of the cup. Pinch either side to hold it to insert.



C or U Fold: Flatten the cup and bend in the middle, bringing the two sides together to form and C or U shape

Insert your Cup



Keeping the Eleria® cup folded, holding firmly with your finger and thumb as low down as possible, insert the cup into the vagina, angling towards your back. Once inserted it can sometimes help to pinch and rotate the cup to help it pop open

Position of your Eleria® cup



Side View



Front View

How to remove your Eleria® Cup

You should empty your Eleria® Cup every 4-8 hours

There is no need to remove your Eleria® Cup for urination or bowel movements



To remove your Eleria® Cup, you must first release the seal

Either: Gently pinch and squeeze the base of the cup, OR, insert a finger alongside the cup to release the seal



When you feel the base of the cup is almost out, angle the cup slightly to remove half the rim before tilting it the other way to release the other half. This will ensure the contents remains inside the cup

Now wash your Eleria® Cup before reinserting, instructions for this can be found on the reverse of this leaflet

Warnings

The Eleria® Cup will not protect against pregnancies or Sexually Transmitted Diseases (STDs)

Remove your Eleria® Cup and contact your doctor if you experience symptoms such as general pain, burning, irritation, inflammation in the genital area or discomfort during urination.



Do Not:
-Use the Eleria® Cup if you've ever had TSS.
-Share your Eleria® Period Cup.
-Use the Eleria® Cup during intercourse.

Consult a medical professional before use if you have a suspected gynaecological condition

In some instances an IUD/IUS may be dislodged when used in conjunction with a period cup. If you choose to use the cup with an IUD/IUS and think it is causing pain or suspect it has moved, use another form of contraception and consult a medical professional

Other Notes & FAQs

Replace your Eleria® Cup if you notice any tears, splits or other changes in texture or appearance

Relax, the cervical opening at the top of the vagina is very small so there is no possibility of your cup getting 'lost' inside the body

Troubleshooting

If the stem of the cup sits outside the vagina once inserted, or you find the stem is causing you discomfort. Remove the cup from the vagina and trim the stem with clean scissors.



If you cannot reach the cup you will need to use your vaginal muscles to ease it down. Use a sequence of slow, gentle downward pushes.

Check that the position of your cup is low enough, be sure it is sitting entirely below the cervix. Check that a seal has formed between the Eleria® Cup and your vaginal wall. You should feel it 'pop' open when inserting, you can also use your finger to feel around the edge of the cup to be sure it has fully opened. Check that the tiny holes under the rim of the Eleria® cup are clear

Cleaning and Care

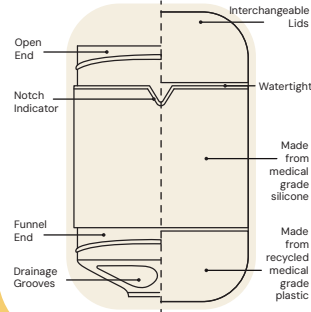
See instructions for our cleaning and sterilising case for info on how to properly clean, sterilise, and look after your Eleria® cup on the other side of this leaflet.

Don't worry, there are also instructions for how to clean and sterilise your cup without our case if you don't have one just yet!



Cleaning & Sterilising Period Cup Case

Pat. GB2624411



Benefits



Lasts for up to 5 years

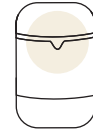


Suitable for most menstrual
cup styles and sizes



Multifunctional: portable,
cleaning, sterilising, and
storage

The Notch



The Notch is there so
you can easily tell
which side is which.
It is placed next to
the open end and
points down towards
the funnel end

How to clean your cup using the Eleria® Case



Remove the open end
lid and fill roughly half
way with water

The case is watertight
so this step can be
done before leaving
the house if preferred
when using it out and
about

Remove your cup,
empty it, and wipe
down with toilet
roll. Then place it
in the case and
put the lid on



Shake lightly for
roughly 20 seconds

Pour the water out
through the funnel end



Your cup is now clean and
ready to be used again

Cleaning without the case



Rinse your Eleria® cup with
cold water, then rinse with
warm water, you can also
opt to use a mild soap or
sanitising solution for
period cups, however this is
optional. Make sure the
holes below the rim are
kept clear. If you are in a
public toilet and don't have
our case you can use a
water bottle to pour water
over the cup to rinse it

When should you clean your cup?

You should clean your Eleria® Cup
with water every time you remove it
before reinsertion

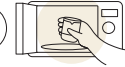
How to sterilise your cup using the Eleria® Case



Open the case, place your
clean cup in. Fill the case
with water until the cup is
fully submerged

If you're struggling with the
cup floating, try filling it up
from the funnel end instead

Place your cup in
the microwave for
roughly 3 mins



Be sure to keep one of the lids
off to allow steam to escape!

Remove the case and drain
the water away. Careful! The
case and cup will be very hot!



Your cup is now sterilised
and ready to be used!

Sterilising without the case



You can also sterilise your
Eleria® Cup by boiling in a
saucepan of water. Fully
cover the cup with water
and boil for 7-10 mins.
DO NOT boil dry

Alternatively, soak in a sterilising solution
diluted as per the manufacturer's
guidelines for a minimum recommended
time. Rinse thoroughly. Our Eleria® Case can
be used for this method too.

When should you sterilise your cup?

You should sterilise your Eleria® cup at
least once a cycle, at the start and/or
end of your period. Additionally if you
drop it down the toilet

The Eleria® Cup is not supplied in a
sterile state

Thank you for choosing Eleria®

For more information, tutorials, and
other products scan the QR code



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Save time, money, and
the planet with



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