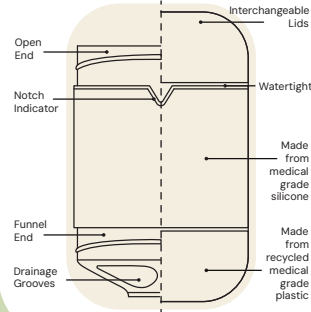




Cleaning & Sterilising Period Cup Case

Pat. GB2624411



Benefits



Lasts for up to 5 years

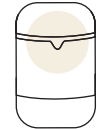


Suitable for most menstrual
cup styles and sizes



Multifunctional: portable,
cleaning, sterilising, and
storage

The Notch



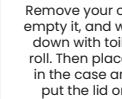
The Notch is there so
you can easily tell
which side is which.
It is placed next to
the open end and
points down towards
the funnel end

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

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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