

How to use the FemmyCycle®

Please read these instructions and visit www.femmycycle.eu or www.femmycycle.com before using the FemmyCycle®. The FemmyCycle® is safe, eco-friendly, cost effective, and reusable for more than 2 years. **The FemmyCycle® minimizes the mess and leakage associated with your period.** Made of medical grade silicone, the FemmyCycle® is a soft, cleaner and more convenient alternative to pads and tampons.

Indications for use: The FemmyCycle® is a receptacle placed in the vagina to collect blood and cellular debris discharged from the uterus via the cervix during menstruation.

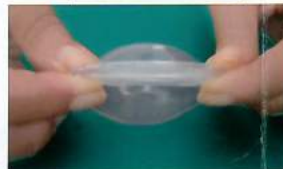
Safety Information:

If you have any medical or gynecological concerns, consult with your clinician before using the FemmyCycle®. The information provided here does not replace your doctor's advice. We recommend that you wash your hands and genital area with warm water or with unscented baby wipes before using the FemmyCycle®. Be careful not to scratch yourself with your fingernails. The FemmyCycle® does **not** contain any latex or animal products.

How to insert the FemmyCycle®

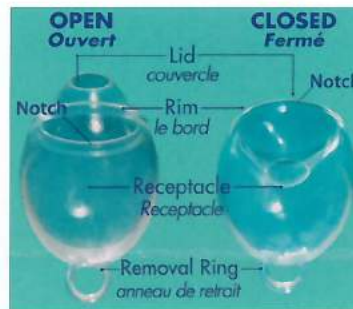


- 1 Sit on the toilet with your knees apart, squat or stand with one leg raised on the toilet seat.
- 2 Close the lid of the FemmyCycle® and compress the Rim **firmly**, as shown in the figure.
- 3 Fold the rim at the notch into a "U" shape or punch down while gripping it **firmly**, trapping the air inside the receptacle. (The trapped air will help it to pop open when it is inserted inside the vagina.)
- 4 Hold the folded FemmyCycle® rim **firmly** with index finger and thumb, separate your labia with other hand and insert the FemmyCycle® **slowly**. This will help it to pop open.
- 5 Push the FemmyCycle® backward. **Stop pushing** once the removal ring enters your vagina. **NOTE: The FemmyCycle® is designed not to open completely.** This will create suction to draw the flow into the device.
- 6 Once the FemmyCycle® is inserted into the vagina, the rim will open enough to collect your menstrual flow.



NOTE: The FemmyCycle® should be placed below the cervix as a receptacle for menstrual blood.

Precaution: If the FemmyCycle® is inserted properly, it should not be felt. We recommend replacing the FemmyCycle® kit once a year and disposing of the used kit in the trash (not the toilet). With practice, insertion and removal of the FemmyCycle® should only take a few seconds. The FemmyCycle® should be used only during menstruation. It does not protect against pregnancy or sexually transmitted diseases.



No spill design



How to remove the FemmyCycle®

Remove the FemmyCycle® after 12 hours, or sooner, if you have a heavy flow.

NOTE: Some women prefer to remove and change the FemmyCycle® in the shower.

Wash your hands and genitals as recommended before.

- 1 Insert one finger into your vagina, hooking it into the removal ring... (Squat and bear down as if you are having a bowel movement. This will make it easier to remove.)
- 2 ... and pull it down gently. Or you may Squeeze the bottom of the cup to break the suction.
- 3 Angle the FemmyCycle® downward during removal and hold it upright as shown in the Figure.



(If necessary, insert a second FemmyCycle® following steps 2-4 in the *How to insert* section.)

Open the FemmyCycle® lid and empty the contents into the toilet. Wash the FemmyCycle® with liquid soap and warm water, and rinse it. Allow it to air dry. Store the FemmyCycle® into its storage bag for later use. **Do not use microwave, detergent, alcohol, or sharp objects to clean the FemmyCycle®.**





FemCap, Incorporated

Re: The FemmyCycle[®], an FDA approved menstrual fluid collection cup

To learn how to use the FemmyCycle[®], you should consider your own unique anatomy and menstrual cycle, which vary from woman to woman and even in the same woman depending on her age, pregnancy history and the time of month. These variations will affect the way you use the FemmyCycle[®], so we recommend that you familiarize yourself with your own unique body and cycle. Young girls who have never used tampons will initially have difficulty using the FemmyCycle[®].

To achieve the best results, and **to ensure proper use of the FemmyCycle[®]**, please follow the instructions on the back of this page, and the following tips:

1. **Relax completely when inserting and removing the cup.**
2. **Find your cervix. To find your cervix, visit www.femmycycle.com and go on FAQ Q #3.**
3. **Stand with one leg raised on a toilet seat or you can sit on the edge of the toilet seat.**
4. **Insert the cup very slowly to allow the cup to partially open. The cup is designed NOT to open completely.**
5. **Lubricate the rim with KY jelly or coconut oil.**
6. **Make sure you urinate/empty your bladder before inserting the cup.**
7. **When using the (C fold) or any fold, ensure that the opening of the fold is towards the rectum.**
8. **During removal, squeeze the bottom of the cup or push one side of the cup with one finger and fold cup back to the C-fold, to break the suction.**

The learning phase usually spans about 2-3 menstrual cycles for the average woman. We therefore recommend that you use a thin pad or panty liner during the learning phase or until you are completely comfortable inserting the cup and are able to estimate how frequently you need to change it.

If the distance between your vaginal opening and your cervix is less than 2 inch, you cannot use the Low Cervix FemmyCycle[®]. **Women who have anatomical abnormalities such as prolapse cannot use this product.**

If you have any questions that were not answered in www.femmycycle.com FAQ, please feel free to contact our company.

Thank you for your purchase. We would appreciate your feedback.

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