

# Lily Cup™ Compact

MSRP \$39.95  
 Size A EAN 7350022 276116  
 Size B EAN 7350075 020117

The Best in Period Protection



*The World's First Collapsible Menstrual Cup*  
 Take it anywhere - a period starting never has to be an emergency again

## The days of pads and tampons are over

- Pads and tampons need to be changed many times a day.
- Pads and tampons can cause dryness, irritation, and they disturb intimate balance.
- Tampons can cause toxic shock syndrome (TSS).
- Women spend about \$300 on disposable period protection every 5 years.
- 20 billion disposable tampons and pads end up in landfill every year.

## Why Lily Cup™ Compact is the right choice

- **PORTABLE:** Collapses flat so it can be taken everywhere – comes with a protective case.
- **CONVENIENT:** Offers up to 10 hours non-stop protection both day and night.
- **HEALTHY:** Collects flow rather than absorbing it. No dryness, no irritation, no allergies, and no odors.
- **COMFORTABLE:** So soft and thin, it can't be felt while worn. Respects intimate balance.
- **SAFE:** Made from medical-grade silicone. No harmful chemicals or bleaches. No risk of toxic shock syndrome.
- **ECO-FRIENDLY:** Reduces waste – no more tampons or pads to throw into the waste basket.
- **ECONOMICAL:** Reusable and can last for years.

## 2 sizes for the perfect fit



### Size A

For women who:

- Have not given birth
- Have given birth by Caesarean

Capacity 11 ml / 0.37 fl.oz.	Diameter 42 mm / 1.65 in.	Length 58 mm / 2.28 in.
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### Size B

For women who:

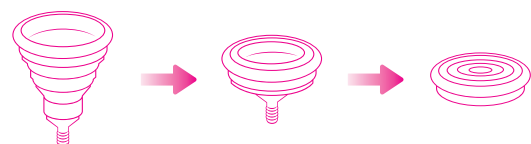
- Have given birth
- Diagnosed with a weaker pelvic floor

Capacity 14 ml / 0.47 fl.oz.	Diameter 45 mm / 1.77 in.	Length 58 mm / 2.28 in.
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## How to use

- 1. Clean:** Wash with soap and water, or submerge in boiling water for 5 to 8 minutes.
- 2. Fold:** Follow the folding guides in the manual.
- 3. Insert:** Angle cup towards tailbone and insert it upwards until the stem is inside. Gently squeeze the base of the cup (not the stem) then rotate slightly. This ensures that the cup has fully opened and that a seal has formed.
- 4. Wear for up to 10 hours:** The cup can be emptied 2-3 times per 24 hour period.
- 5. Remove:** Grip the stem and slowly pull downwards. Softly squeeze the base to release the seal. Remove the cup, angling it slightly to avoid any spillage.
- 6. Empty and Wash:** Empty fluid into the toilet and wash the cup with soap and water.
- 7. Reinsert.**

## How Lily Cup™ Compact collapses



## The highest quality standards

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- Designed in Sweden
- Patented collapsible design
- Medical-grade silicone
- Latex-free and hypoallergenic
- FDA cleared

## Included with Lily Cup™ Compact

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- Specially designed protective case
- User manual in English, Spanish, French, Italian, German, Swedish, and Finnish

## FAQ

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### • Which size should I choose?

Size is mainly determined by anatomy, childbearing history, and pelvic floor strength. Since a woman's body undergoes many changes during life, Lily Cup™ Compact is available in two different sizes.

Each cup is designed for maximum comfort and should not be felt when worn. If you feel any discomfort, you may need to change your size.

- If you are using a size A and feel that your cup is not securely collecting your menstrual flow and/or experience continual spotting, then change to size B.
- If you are using a size B and find it difficult to insert and/or feel any discomfort during use, then change to size A.
- If you usually have a heavy flow, we recommend you use the regular Lily Cup™ (size A or B), which has a higher capacity.

### • Can I use Lily Cup™ Compact for the full duration of my period?

Yes! Lily Cup™ Compact can be used for the full duration of your period. However, if you usually have a heavy flow, we recommend you use Lily Cup™ Compact for light days, and use the regular Lily Cup™ (size A or B) for heavy flow days.

### • I'm having leaks - am I wearing it right?

If the Lily Cup™ Compact is inserted correctly you should be completely leak-free. It is important to remember that it takes a bit of time and practice to learn how to use a menstrual cup. But, if you are experiencing leaks, the most common reason is that when it was inserted the Lily Cup™ Compact did not fully open to form a seal with the vaginal wall.

We recommend that you remove and reinsert your cup and try one of the following tips to ensure that the cup has fully opened. Once inserted:

1. Softly squeeze the base of the cup (not the stem) and slightly rotate it.
2. Insert 1 finger and gently run it around the inserted cup to ensure that a seal has formed.

### • Can Lily Cup™ Compact get stuck or get lost inside me?

No. The vagina ends at the cervix, so you can't lose the cup in your body.

### • Will the Lily Cup™ Compact collapse inside me?

No, the Lily Cup™ Compact's design means it will always stay rigid when worn. It will only collapse when you use your hands to collapse it.

### • How often should I empty my cup?

You can wear your Lily Cup™ Compact for up to 10 hours, and we recommend that you empty your cup 2-3 times per 24 hour period. Generally speaking, the lighter your flow, the less frequent the changes. But on those heavy days, you may consider using the larger, regular Lily Cup™ from the Lily Cup™ range. With time and practice you will be able to gauge how often you personally need to empty your cup.

### • How often should I clean the Lily Cup™ Compact?

It is important to thoroughly clean your cup before and after each use. Always remember to clean your hands before handling your Lily Cup™ Compact.

### • How do I clean my cup?

Wash your Lily Cup™ Compact before and after each use with mild soap and hot water. Do not use harsh soaps as they may cause irritation and disrupt the natural pH balance of your intimate area. Rinse thoroughly. For a more thorough cleaning, fully submerge your Lily Cup™ Compact in boiling water for 5 to 8 minutes. Do not boil dry.

### • What if I can't wash the cup at work/public toilet/while out?

Always remember you should wash your hands before handling your cup - consider carrying antibacterial hand wipes or hand sanitizer in your bag. Lily Cup™ Compact is designed not to encourage bacterial growth, so you can skip a rinse once and a while. If you don't have access to a sink, you can use a piece of toilet paper to wipe the cup and re-insert it. Another option is to take a bottle of water with you into the bathroom stall and rinse the cup over the toilet.