



trucup

Welcome to TruCup.

You've just taken the first step towards a more hygienic, easier and safer menstruation. There is a learning curve to it, but, with patience and practice, your TruCup will be a part of your body. Don't be intimidated if you don't get it right the first time, overcome it with bravado!

Before you start using The TruCup, we have a few pointers to make sure you have a flawless experience.

1. Cleaning

Jumpstart by putting your TruCup in boiling water, before first use and between periods for sterilization. While you must soak your TruCup in hot water or under clean running water everytime you remove and insert it. If in a public toilet, bring a bottle of water to rinse your TruCup- once at home, clean the inside again. - Ensure that the four air holes are always clean and open

2. Hygiene

Always wash your hands thoroughly with mild soap while handling your TruCup.

3. Comfort

Wear it comfortably for 10-12 hours, through the night and while using the toilet.* Establish your own TruCup emptying schedule. Don't worry about it being stuck/lost- while inside, you will barely feel your TruCup.

4. Safety

Remove the TruCup immediately and consult your physician if you are experiencing extreme pain, pressure, discomfort or any gynecological problems while using the TruCup. Ensure you remove it during intercourse. Do not use a damaged cup.

5. Activities

Feel free to do yoga, sports, treks and regular outdoor activities while wearing the TruCup. Lounge, chill, sleep and regular indoor activities are also highly recommended to soothe your senses.

6. Re-Wear or Store

When the TruCup is empty and clean, re-wear it as you had before. Once you are done with your period, move on to ensure your TruCup is prepped for the next period! Store your TruCup in its original eco-friendly bag or any breathable container.

7. Re-Size

Cut the stem of the TruCup until the second line, if you think your cervix is low

(only suggested for pro cup users).

***Unless your flow is heavy, change TruCup in 6-8 hours.**

If you are a new user, check and empty your TruCup every few hours, depending on fill level, and adjust accordingly. Maximum usage 12 hours

How to Insert your TruCup?

1. HANDWASH

As a rule of thumb, always wash your hands before you wear your TruCup.

2. FOLD

From the multiple folding methods, choose the one which you feel most comfortable with and fold the TruCup. Don't worry, it might take a few tries to 'nail it'

3. RELAX

Breathe in and out. Meditate for 4 seconds. Let go of your inhibitions. Hold your folded TruCup firmly and guide it towards your vagina. You can stand, squat (advised for beginners), sit, or raise one of your legs. Again, comfort is key and try the posture where you are most at ease and balanced, to create an opening for the TruCup.

4. SEPARATE & WEAR

Nice and easy, now! All you now need to do is relax your pelvic muscles and gently separate your labia with your other hand. Guide your TruCup into your vagina, pointing it upwards toward the base of your spine (as indicated in the pictures). Try to keep the TruCup folded until it is entirely inside of your vagina.

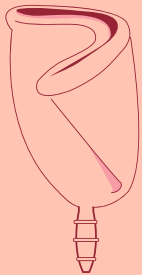
5. RELEASE

- The TruCup is now a part of you. Gently release the folded TruCup – it will pop open and create a sealing suction automatically, holding it in place.

6. THE FINAL STEP

Run a finger along the base of the TruCup to ensure that it has opened completely - if you feel any folds, hold the base of the cup and gently rotate it until it opens completely and creates a sealing suction- that's what the little holes on top of the TruCup are for.

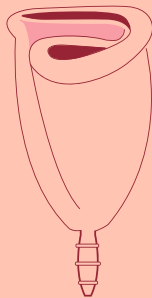
**SOME
TRIED AND
TESTED
FOLD
METHODS**



7-FOLD



PUNCH DOWN



C-FOLD

5.REMOVE

Shimmy your TruCup from side to side while guiding it out of your vagina. Keep it upright to avoid spills, least likely if you keep it straight up- the TruCup keeps it all inside

7. EMPTY

Drain your TruCup in the toilet, drain or sink. When wet, your TruCup can be slippery, hold it tightly while emptying to avoid spillage.

8. TRUCUP WASH & HANDWASH

Sidestep: Play your favorite track, optional but recommended (and keep the grooving for later!)


While learning to use TruCup, we encourage users to experiment with the different folds, to wear the TruCup higher or lower in the vagina, and to find their own unique wearing and removal method. Do not be discouraged if you are having some leaks at first – with a bit of practice you will be able to experience a leak-free period.

Remember wearing a cup is like learning to drive a car. You may not get it right at first but by the second time around you'll love it. Stay focused and keep your eyes on the prize i.e falling in love with your period and TruCup.


Tip

We all have our own ways of keeping our TruCup fresh and clean. You can pour hot water from a kettle into the Sterilizing Container that is permanently placed in the bathroom to clean TruCup, use a feminine hygiene wash in between periods or sterilize it in the microwave.

For more cleaning methods, instructions, tips and tricks, visit
www.trucup.co



Your TruCup will be an extension of your being, a trusted companion during your period-- relieving you of stress and pain, ensuring your comfort at each step. It takes just takes a lot of 'keeping calm' and let your body make it a part of you!



www.trucup.co

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