

Instructions for use

Insert your Me Luna®

Before using your Me Luna® menstrual cup for the first time, please disinfect the cup using the instructions included in this pamphlet. Always clean your hands thoroughly before removing and reinserting your Me Luna® menstrual cup. Prior to inserting, fold the Me Luna® menstrual cup the way that is most comfortable for you. Hold the folded menstrual cup and insert the cup with the fold facing forward. You can insert the menstrual cup while sitting on the toilet, in a standing position or while crouching – or in any position that is most comfortable for you. Should you experience problems when inserting your Me Luna® menstrual cup, we recommend the use of water based lubricant. You will find the most comfortable position of your Me Luna® menstrual cup over time. Some women prefer to position it very close to their cervix, others prefer to place the cup closer to the vaginal entrance. Me Luna® menstrual cups should not be inserted too shallow or close to the vaginal entrance because this could cause discomfort when sitting down. To avoid leakage, make sure that your Me Luna® menstrual cup unfolds completely after inserting it into the vagina. You can check this by twisting the menstrual cup slightly or follow the rim with your finger after insertion.

On average it is sufficient to empty, clean and re-insert your Me Luna® menstrual cup 3-4 times per day. Please adjust the frequency of emptying, cleaning and repositioning your menstrual cup according to the volume of your menstrual flow. In the beginning we advise you to empty, clean and reposition your menstrual cup as often as you would replace your tampons or your Maxi Pads. This gives you a good idea on how often you need to empty your menstrual cup. It is not necessary to empty, clean and reposition your Me Luna® menstrual cup every time you visit the bathroom. It is possible that the Me Luna® menstrual cup shifts slightly within your vagina due to natural motion of your vaginal muscles. This will not affect the functionality or comfort.

Me Luna® menstrual cups may be worn day and night, but they should be emptied, cleaned and repositioned at least every 8 hours. Users should inspect the Me Luna® before each use for signs of wear or damage and replace the device if signs of wear are noted.

Remove your Me Luna®

Be sure to clean your hands thoroughly before removing your Me Luna® menstrual cup. Relax your lower abdominal and vaginal muscles and remove the menstrual cup by slightly squeezing it together with your fingers to release the suction, which results from the fact that you pull on the cup. A slight twisting motion of the cup can be helpful when removing the Me Luna® menstrual cup. The grip should not be used for pulling on to remove your Me Luna® Menstrual cup. The grip will lead your fingers to the base of the cup. Then grab the entire base of the cup for pulling and removing. Some women find it helpful to push the cup with their vaginal muscles while squeezing and pulling the cup with your hand. Please be patient when removing the Me Luna® menstrual cup for the first few times, as you still need to learn what method works best for you.

After removing the Me Luna® menstrual cup, empty it and clean it as described in this brochure. Fold, insert and reposition the Me Luna® menstrual cup as described above. It is recommended that you wipe your vulva (labia and vaginal entrance) clean before or after repositioning the Me Luna® menstrual cup to remove any traces of blood that could stain your undergarment. After the end of your period we recommend that you thoroughly clean and disinfect your Me Luna® menstrual cup.

The insertion, positioning and removal of a menstrual cup may need to be practiced a little. Some women succeed immediately, for others it may take 2-3 cycles to become familiar with. During this initial familiarisation period, users may sometimes experience leakages and the cup may not yet work 100 percent effectively. Please be patient and take your time.

Me
Luna

MENSTRUAL CUP

Made in Germany

it is gentle on your
vaginal microflora

it saves you money

it protects the
environment



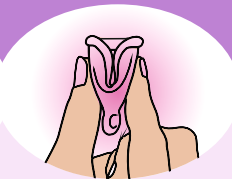
How to fold a menstrual cup?

Here you can see the most common folding techniques:

C-Fold

Punchdown-Fold

S-Fold



Me Luna® – what is it?

- ✓ without toxic chemicals and plasticizers
- ✓ invisible monthly protection
- ✓ may be used from the first menstrual flow on
- ✓ easy to use and easy to clean
- ✓ reliable protection throughout the night
- ✓ a durable product. Long product life when cared for as instructed

IMPORTANT: Menstrual cups have been associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death. Read and keep the enclosed information.

Toxic shock syndrome (TSS) is caused by bacteria (*Staphylococcus aureus*) that can lead to severe circulatory and organ failure. The majority of cases of TSS occur in women during menstruation, however TSS can also occur in women who are not menstruating. Men and children can also contract TSS. The symptoms of TSS can be similar to flu: sudden high fever, headaches, sore throat, vomiting, diarrhea, dizziness, fainting or blackouts, a rash which resembles sunburn. If you experience any of the symptoms that may signify the onset of TSS, please remove the Me Luna® Cup to be and seek medical advice immediately.



Important Cleaning Instructions

Cleaning your Me Luna®

During your period it is sufficient to clean your Me Luna® with of mild soap or detergent and water. Simply lather the cup for approximately 1 minute. After using soap or detergent, please be sure to rinse with clear, running water to remove any traces of soap.

Cleaning recommendations:

Use a small brush (Interdental brush) to clean the air holes of the Me Luna® menstrual cup.

From time to time, you can boil the Me Luna® in some vinegar water or salt water. This prevents stains and deposits. Dry the cup completely before storage. The Me Luna® menstrual cup should never be stored in an airtight container as this could promote odors. We recommend that you store your Me Luna® menstrual cup in its bag (each Me Luna® menstrual cup comes with its own storage bag).

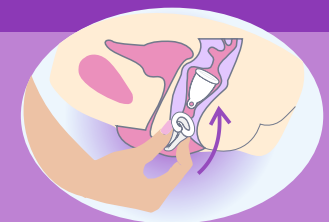
Disinfecting your Me Luna®

Your Me Luna® should be disinfected before your first time using it and after every period.

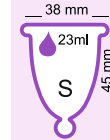
You may disinfect your Me Luna® by completely submerging it in boiling water (100° Celsius) for 3-5 minutes.

PLEASE NOTE: Me Luna® should never be boiled dry or touch the bottom of the pot, as it will melt! Don't leave the pot unattended! The use of an egg timer has been proven.

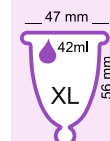
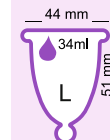
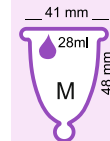
Me Luna



Normal



Shorty



MENSTRUAL CUP

The Me Luna® Menstrual Cup is a receptacle placed in the vagina to collect blood and cellular debris that is extruded from the uterus via the cervix during menstruation.

Material:

Me Luna® menstrual cups are made from high-quality medical grade thermoplastic elastomer (TPE)

Contents:

- 1 Me Luna® menstrual cup
- 1 Microfibre pouch for storage
- 1 user manual

Manufacturer:

Me Luna GmbH
Brand 57 - 91729 Haundorf - Germany

