

# Instructions for use

## **BELLEUCUP**

**La vie est belle**

We are delighted you chose Bellecup as your preferred menstrual cup.

### **What is Bellecup menstrual cup?**

Bellecup is a reusable menstrual cup, manufactured in the United Kingdom from soft medical grade silicone.

It's designed to hold more than tampons or other menstrual cups as well as being a gentle support for the internal organs.

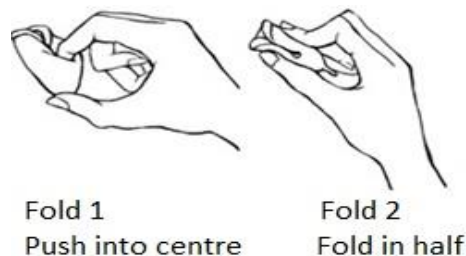
Unlike tampons that are positioned near the cervix (the neck of the uterus) Bellecup sits lower in the vagina.

Bellecup can be used, washed and re-used time and time again.

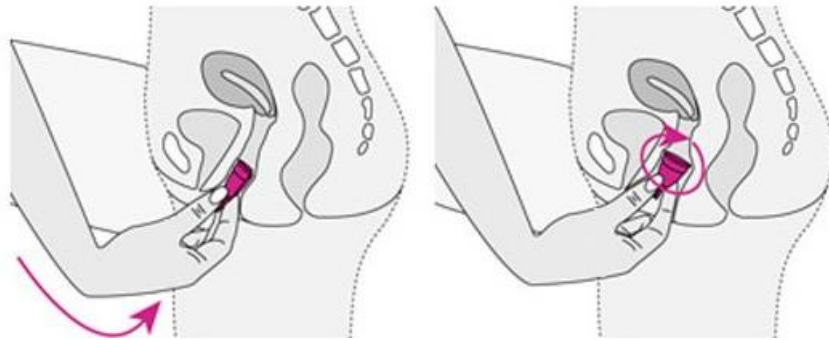
Over time you may find that the blood may discolour your Bellecup but this won't affect the cup during use.

### **How to insert your Bellecup**

There are 2 types of folds you can do to insert Bellecup into the vagina.



1. Before you begin. Wash your hands and Bellecup thoroughly, then find a comfortable position and relax the pelvic floor.
2. Fold your Bellecup
3. Hold the folded sides firmly at the same time guiding the rim edge into the vagina.
4. Unlike a tampon, the cup is positioned in the lower part of vagina, but above the pubic bone. In order to avoid leaks, make sure that the cup has opened properly by rotating the cup a 1/4 turn after insertion.



### **How to remove your Bellecup**

1. Wash your hands and relax your muscles.
2. Some women find putting one leg on a foot stool easier for removal.
3. Squeeze the middle part of your Bellecup (the waist just above the lower bulb) until you feel the suction release.
4. Gently rock the cup from side to side while releasing the suction and pulling down.  
DO NOT pull out by the long tab alone – this may cause a stronger suction and may cause pain.
5. Hold the cup at the lower bulbous part then empty the contents into the lavatory.

### **Please note**

- You can trim the tab to its desired length, please care not to cut the bottom of the cup itself.
- Do not allow Bellecup to boil for than 5 minutes if cleaning by this method.
- You can use IncoClean to clean and protect your Bellecup
- You can use non-perfumed soap and hot water to clean your cup but make sure all the soap residue has been washed off before inserting
- Bellecup is not a contraceptive device
- Do not use a menstrual cup for more than 12 hours at a time without washing it thoroughly.

Contact us with any questions you may have and our friendly staff will be happy to assist you.