



## The DivaCup® User Guide

**Thank you for purchasing The DivaCup® Menstrual Solution! You join satisfied DivaCup® users worldwide who enjoy its convenience, want to ease their budgets and make a positive impact on the environment!**

**The DivaCup® is available in two sizes:**

**Model 1:** for women who are under thirty (30) years old who have never had childbirth or caesarean section.

**Model 2:** for women who are thirty (30) years old and over and/or for all women who have had vaginal childbirth or caesarean section.

**IMPORTANT PRODUCT SAFETY INFORMATION:**

Please read and understand these instructions before you use The DivaCup®.

The DivaCup® is not inserted or positioned like a tampon, other menstrual cups, or a diaphragm.

Failure to follow these instructions carefully may prevent optimum performance of The DivaCup®.

**PLEASE RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE**



### **A. How to insert The DivaCup®:**

**Before each use**, please examine the four (4) holes below the rim. They should be punched completely through and be free of debris. These holes are necessary to create a seal. Your vaginal muscle (pelvic floor muscle) will hold The DivaCup® securely in place.

**To test**, place the cup on the palm of your hand, then press down on the cup while pushing the sides together. It should release from your palm within one (1) - two (2) seconds. If the cup does not immediately release, contact us before use.

### **Step 1: Fold**

Prior to insertion, thoroughly wash your hands (fifteen (15) – twenty (20) seconds) and The DivaCup® with warm water using The DivaWash® or a mild, unscented soap. Hold the cup with the stem pointing down.

- **Fold Option 1** (Fig. 1) Press the sides of the cup together and then fold it in half again forming a tight “U” shape; OR
- **Fold Option 2** (Fig. 2) place a finger on the top rim of the cup and press it down into the center of the inside base to form a triangle. This makes the top rim much smaller to insert.

### **Step 2: Hold (Fig. 3 or 4)**

With one hand, hold the folded sides firmly together with your thumb on one side and your four (4) fingers on the other side just below the top ridge of the cup.

### **Step 3: Insert (Fig. 5)**

Take a comfortable position: either standing, sitting on the toilet, or squatting. Relax your vaginal muscles (pelvic floor muscles). Gently separate your labia with your opposite, free hand. Insert The DivaCup® into the vagina aiming it horizontally towards your tailbone (located at the base of your spine). The DivaCup® will open before it is completely inserted, however, you should continue to insert as this is normal. Continue to insert The DivaCup® until the stem is even with the vaginal opening and does not protrude. DO NOT push the tip of the stem further than ½ inch (1.27 cm) into the vagina. Inserting The DivaCup® too high may cause leaks. Over insertion may also make removal more difficult.

**Step 4: IMPORTANT:** Finally, in order to create the seal with the vaginal muscle (pelvic floor muscle), grip the base of the cup (not the stem) and turn the cup one full rotation (360 degrees) in either direction or insert the cup about half way, turn the cup one full rotation and then push it in the rest of the way. It must rotate easily as this ensures that it is fully open and that it is positioned horizontally towards your tailbone. You can also make sure the cup is completely open by inserting a finger into your vagina and gently pressing on one side of the vaginal wall to create space for the cup to fully open. Failure to create a seal can result in leaks, the cup traveling too high, and making removal difficult.

Note: If the cup will not rotate easily, will not fully open, feels uncomfortable, or pinches when you are sitting, it is positioned incorrectly. Please review these instructions again. If the stem irritates the vaginal opening once it is positioned correctly, you may remove the cup and trim the stem slightly. Only trim the stem after removal. Cut the stem so the remaining stem is no shorter than one-quarter (1/4) inch (0.6 cm). Cutting the stem completely will make removal difficult.

### **B. How to remove The DivaCup®:**

Thoroughly wash your hands (fifteen (15) – twenty (20) seconds) with warm water and The DivaWash® or a mild, unscented soap. In a comfortable position (either standing, sitting on the toilet, or squatting) bear down with your abdominal/pelvic muscles (as if you are having a bowel movement). Insert your thumb and index finger into your vagina until you can reach the stem. Gently pull the stem horizontally until you can firmly pinch

the base of the cup. Squeeze the cup gently, and angle it slightly sideways while moving it from side to side to release the seal as you remove it. When it is completely removed, hold the cup upright so that the contents remain inside the cup. Simply empty the contents into the toilet. Wash The DivaCup® thoroughly, as directed below.

**NOTE: With a bit of practice as per instructions above, it should only take a few seconds to insert or remove The DivaCup®.**

### **C. How to clean and store The DivaCup®:**

Empty, wash and rinse The DivaCup® with warm soapy water each time you empty The DivaCup®, a minimum of two (2) – three (3) times daily. If you are unable to wash The DivaCup® after removal (for instance when using a public restroom), wash your hands thoroughly before entering the stall, empty the contents in the toilet and simply use a dry or damp tissue to clean the cup. At the next convenient time, clean as per these instructions. Clean The DivaCup® with The DivaWash® which is specially formulated to gently cleanse The DivaCup®, or use a mild, unscented soap and warm water.

The DivaCup® may naturally discolor slightly over time. This does not impair its function. At the end of each cycle The DivaCup® should be washed and rinsed as specified and then submerged in an open pan of boiling water (continuous rolling boil) for twenty (20) minutes. Do not leave the boiling pot unattended and use enough water so that the pan does not boil dry. Do not use vinegar, tea tree oil, scented soap, antibacterial soap, hydrogen peroxide, bleach or harsh chemicals as these may damage the silicone and ruin the cup.

The DivaCup® has tiny holes below the rim which must be kept clear and clean at all times. Submerge under water and squeeze the water out through the holes or gently stretch each hole under warm running water.

At the end of your cycle, thoroughly wash, rinse and dry The DivaCup® completely. Store The DivaCup® in the fabric, draw-stringed bag provided. Do not store it in a plastic bag or airtight container.

When traveling, or otherwise, always wash with potable (safe to drink) water.

### **D. How often to empty The DivaCup®:**

The DivaCup® conveniently holds one ounce (30 ml). The entire, average monthly flow is approximately 1 to 1.4 ounces (30-40 ml). Depending on your flow, empty, wash and rinse The DivaCup® a minimum of two (2) – three (3) times daily.

The DivaCup® can be worn up to a maximum of ten (10) – twelve (12) consecutive hours, such as overnight, before removing, washing and reinserting. By monitoring the fullness of the cup, you will quickly learn how often to empty it according to your personal needs. If you have a fairly regular cycle, you can insert The DivaCup® right before your period begins to prevent messy leaks.

It is not necessary to remove The DivaCup® before urinating or having a bowel movement. Make sure that you urinate often and that you empty your bladder completely each time. You may need to lean forward when you urinate to allow the bladder to empty easily, as this may help relieve pressure on the urethra.

### **E. What should you do if the cup leaks or moves up:**

If the cup leaks or moves up, it is not positioned correctly. To ensure a proper fit, carefully follow the instructions. Note: The cup is NOT worn high near the cervix, like a tampon or diaphragm, and it should easily rotate. If Model 2 leaks or rides up, the vaginal muscles (pelvic floor muscles) may need to be strengthened utilizing exercises such as Kegels. Consult your physician for information on this topic.

### **F. What to do if you are unable to remove The DivaCup® easily:**

To ensure a proper fit, carefully read and follow the instructions. If you are unable to remove the cup because it has moved up toward the cervix, do NOT panic. Relax your vaginal muscles (pelvic floor muscles) in order to loosen pressure on the cup. The vagina is an elastic, muscular curved tube only about three (3) – four (4) inches (8-10 cm) long. While squatting, with your buttocks resting on your heels, bear down in a series of gentle downward pushes with your abdominal/pelvic muscles until you can reach the stem and base of the cup. (If you cannot reach the stem while squatting, insert your index finger into the vagina. Press your finger against the side of the cup to release the seal.) Then gently pinch the base of the cup to release the seal and remove as recommended (see Section B).

Relaxing your vaginal muscles (pelvic floor muscles) can make removal easier. In the rare case that you are unable to remove The DivaCup®, seek medical advice from a physician and please contact us for further instruction.

### **G. How often do I replace a menstrual cup:**

Due to government regulations and the personal, hygienic nature of the product, a menstrual cup should be replaced once every twelve (12) months from the date of the first use.

### **Toxic Shock Syndrome (TSS)**

Toxic Shock Syndrome (TSS) can occur in men, women and children for a number of reasons, but menstruating women using high absorbency tampons are at high risk. Lower absorbency tampons pose a lower risk. A menstrual cup does not absorb flow. It is a receptacle that contains menstrual flow until removed.

Toxic Shock Syndrome (TSS) is considered a serious and sometimes fatal disease caused by toxin-producing strains of Staphylococcus aureus bacterium. TSS has been linked to high absorbency and prolonged use of tampons. Symptoms of TSS often mimic the flu and can include sudden high fever, vomiting, diarrhea, dizziness, fainting or a rash that looks like sunburn during your period or a few days after. If you experience any of these symptoms while using a menstrual cup, remove and immediately contact your physician.

**WARNING:** Do not use a menstrual cup if you have ever had Toxic Shock Syndrome.

### **Precautionary Warnings:**

- The DivaCup® should only be used during menstruation.

- Remove The DivaCup® prior to intercourse. The DivaCup® **is not** a contraceptive and will **not** protect you against pregnancy. It will **not** provide protection against sexually transmitted diseases.
- Do not cut off The DivaCup® stem completely (see instructions above for proper stem length).
- Do not flush The DivaCup® down the toilet.
- Keep The DivaCup® away from children and pets.
- **Remove The DivaCup® and seek medical advice from a physician** if you experience symptoms such as: general pain, burning, irritation, inflammation in the vaginal or genital area, or discomfort during urination.

### **Customer Service**

Carefully follow the instructions for best results. **To learn more, please refer to our FAQs - Frequently Asked Questions - on our website.** For other questions, contact our trained customer service advisors by phone, email or fax.

**Diva International Inc.**  
**1221 Weber St. East, Box 25089**  
**Kitchener, Ontario**  
**Canada N2A 4A5**

Phone: 519-896-9103

Toll free in Canada and the USA: 1-866-444-DIVA (3482)

Fax: 519-896-6920

Email: [info@divacup.com](mailto:info@divacup.com)

[www.divacup.com](http://www.divacup.com)

***This User Guide is informational in nature and is not offered as medical advice, nor does it substitute for consultation with your physician. Should you have medical concerns or questions, please consult your physician before use or immediately after developing a concern.***

*The DivaCup® and The DivaWash® are registered trademarks of Diva International Inc.*

*This is the official User Guide for The DivaCup®. Content provided herein and The DivaCup® website, [www.divacup.com](http://www.divacup.com), constitute the only official information put forth by Diva International Inc. concerning our products.*

***Copyright 2008, Diva International Inc.***