

# Speaker notes for

## PART 2 - ALL YOU NEED TO KNOW ABOUT USING A MENSTRUAL CUP

### SLIDE- BENEFITS: WHY USE A MENSTRUAL CUP?

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In this presentation you will learn how to become a menstrual cup pro! Firstly though, let's have a quick look at some of the amazing benefits of using a menstrual cup...

Cups are eco-friendly-you can save on 1 shopping bag of rubbish full of plastic and fibres every cycle

Cups are safe and hygienic- they are made from medical grade silicone- meaning that they do not harbour bacteria. There are no bleaches or fibres. A cup does not interfere with the vagina's natural lubricating ability, therefore there is no risk of TSS

Saves money: if you use only menstrual cups you can save over \$8000 in a lifetime, when comparing the average cost of using a lifetime of disposable sanitary products.

Convenient: a cup only needs emptying 2-6 times a day, and holds up to 4 times more fluid than a tampon

Lifestyle friendly- you can do more, even go to bed with it in

### SLIDE-MORE ABOUT THE LUNETTE CUP

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A Lunette cup is as easy to use as a non-applicator tampon, simply fold the cup and insert, and empty it 2-4 times per day during normal flow.

The Lunette is user friendly, comfortable and travels with you, or in you, so that you'll never run out of supplies.

The Lunette is safe and healthy and made from soft medical grade silicone. It doesn't contain rubber latex or Bisphenol-A (BPA). This allows the natural process of shedding menstrual blood, dead cells and bacteria to occur as nature intended.

The Lunette menstrual cup has received approval from international government health agencies including the FDA (food and drug administration) in USA and the TGA (therapeutic goods administration) in Australia. There are no reported cases of TSS (toxic shock syndrome) in connection with cup use.

Over 90% of lunette menstrual cup users are more satisfied with their life during their periods, as compared to their life satisfaction when using disposable products.

### SLIDE – 2 SIZES-HOW TO CHOOSE YOUR SIZE

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There are 2 cup sizes-a model 1 and a model 2. Which size you choose is largely dependant on how heavy your menstrual flow is.

You would choose a model 1 cup if you have a light to moderate flow, are a young women or teenager, have a sensitive bladder, or tight vaginal muscles. A model 1 cup will hold up to 25mls.

You would choose a model 2 cup if you have a normal to heavy menstrual flow or have had a vaginal childbirth. A model 2 cup will hold up to 30mls.

## SLIDE-HOW DO I USE IT?

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All menstrual cups come with instructions. Please take your time to read these. Allow yourself a few cycles to master how to use a cup so that you can become a menstrual cup pro!

Quite simply though, all that you need to do is wash your hands, fold the cup, insert it, learn how often to empty it, empty your cup, and rinse it.

Let's look at these steps in a little more detail...

## SLIDE-HOW DO I FOLD IT? C FOLD OR HEART FOLD

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There are a few different folds that you can use. One of the most common is the C-fold. Simply fold your cup in half, then in half again, so that the rim looks like the letter "C"-or a heart.

## SLIDE-FOLDING TECHNIQUES

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If you search the internet you will find quite a few different folding techniques! The fold that you choose will come down purely to personal preference and with what you find easiest or that works best for you. The "Punch-down" or "Shell" fold, and the "7-fold" produce a smaller diameter so may make inserting the cup even easier.

## SLIDE- INSERTION...STEP BY STEP

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Fold the cup and insert rim first into the vagina. Allow the cup to open up and give a little quarter turn to make sure that it is fully open, then push it in as far as it will go. The cup may wriggle down a little to find it's "happy place" –you won't feel this-it just happens. The cup is now snug, held in position by the seal formed with the walls of the vagina and pressure from the vaginal muscles. If the stem can still be felt, then it can be trimmed back with sharp scissors, one notch at a time and even trimmed right off for people with a low sitting cervix.

## SLIDE-HOW TO INSERT

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You can see from this slide that the cup actually sits fairly low in the vagina-not far from the opening.

## SLIDE-HOW TO REMOVE THE LUNETTE CUP

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This is best done whilst sitting on the toilet or squatting in the shower. Wash your hands first.

## REMOVAL...STEP BY STEP...

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Bear down as if you are about to have a bowel motion. This will lower the cup so that you can reach the base of the cup with your finger and thumb. There are grip rings on the base of the cup -squeeze the bottom of the cup to break the seal that is holding the cup in place. Gently pull the cup down and remove it. If you hold onto the base of the cup you will have full control of the cup and be able to empty the contents into the toilet or down the shower drain. If you pull by the stem, the suction will not be broken and you will not have control of the cup or its contents. Then you can simply rinse the cup under the shower or under a tap and re-insert. If you are in a public toilet, simply wipe the cup with toilet paper, and then re-insert.

## SLIDE-5 COLOURS-ALL FDA AND TGA LISTED

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Menstrual cups come in a few different colours and varying sizes. The Lunette menstrual cups shown here come in five colours. The colours are approved by the FDA and are baked into the silicone so that they are completely stable and will not leach out into your body.

## SLIDE – BE AWARE OF NASTY CUPS

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When choosing a menstrual cup please ensure that it is from a registered company and a brand that is TGA and FDA listed. There are over 20 brands out there but only 4 in Australia and New Zealand have these approvals. There is nothing worse than spending your hard-earned cash on poor quality silicone, perishing and cracking cups and broken stems!

## SLIDE-FAQS-CAN I USE THE CUP DURING THE NIGHT?

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A cup holds up to 4 times as much fluid as a pad or tampon, and only collects the fluid-instead of absorbing the fluid. Therefore a cup is completely safe to leave inside your body for up to 12 hours continuously. So yes-you can wear your cup to bed!!

## SLIDE-FAQ'S-CAN I CLEAN MY LUNETTE WITH NORMAL HAND SOAP OR IN THE DISHWASHER?

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Please do not use anything else to clean your cup other than water, or specifically designed cup cleaners. The risk here is not to your cup but to your vagina. The chemicals used in normal soaps are harsh and can leave residue on the cup, even if you can't see it, and may cause irritation.

## SLIDE-FAQ'S-HOW DO I CLEAN THE CUP?

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Looking after your cup is very simple. Before each cycle you need to sterilise your cup. Simply boil your cup in water for 5 minutes.

If you are travelling or you need your cup in a hurry, Lunette has specifically designed cupwipes that you can simply wipe your cup with. The wipes have a very high alcohol content. The alcohol sterilises the cup, and evaporates from the cup quickly. This ensures that no residue is left on the cup.

If you feel that you would like bubbles and more to clean your cup, Lunette has a "feelbetter cupwash" liquid that is specifically designed for cleaning cups. It has a fresh and invigorating citrus aroma.

## SLIDE-FAQ'S-HOW DO I EMPTY THE CUP IN A PUBLIC TOILET?

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Start by washing your hands before you go into the cubicle. If you can use a cubicle that has a sink, then great. If there is no sink you can use some toilet paper to wipe out the cup before you re-insert it. Just make sure that there is no paper left on the cup.

How do I empty the cup if I'm out tramping or camping? If you cannot be sure of the safety of the water available, you can use a Lunette disinfecting wipe, the wipes are biodegradable.

## SLIDE-FAQ'S-SOMETIMES MY LUNETTE LEAKS, WHY?

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There are 3 main reasons why this may occur:

1: make sure that the cup is fully opened; rotate or twist the base of the cup, or you can insert a clean finger up next to the cup and feel all the way around it to check that your cup has opened fully. If a cup is not opened properly it will leak. Remove your cup and re-insert it again, refer back to the how to insert instructions.

2: Sometimes your cervix may sit to the side of the cup and be resting on the side of the vaginal wall, instead of sitting centrally in the vagina and over the cup. In this case insert a clean finger and run it around the edge of the cup to make sure the cervix is nudged into a central position or inside your cup. Your cervix feels like the tip of your nose and is a finger like protrusion.

3: Heavy flow- If your flow is heavy, the cup will need to be emptied more often. If a cup is full, it will leak.

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## SLIDE-FAQ'S-WHAT IF I CAN'T REMOVE THE CUP?

Firstly, relax, breathe deeply and focus on your vaginal muscles. It cannot get lost in there and will ultimately work its way down through forces of nature. Bear down like you are using your bowels and the cup will work its way down, stop pushing as soon as you can get a grip on the base of the cup. Grasp the bottom of the cup with your thumb and forefinger and pinch to release suction, then rock it back and forth and gently ease it out. The best way to do this is squatting in the shower, or sitting on the toilet with your feet flat on the floor. You will work out the technique that is best for you.

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## SLIDE-FAQ'S-HOW LONG CAN I USE THE LUNETTE CUP?

With proper care a cup may last up to 10 years. Cups do have a tendency to discolour with age, and some women chose to get a new cup when it starts to discolour.

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## SLIDE-FAQ'S-ARE THEY EXPENSIVE?

At first glance they may seem expensive when compared to a one month supply of disposable pads and tampons. However, Lunette is a one-time purchase that will last for years allowing you to spend your money on other things.

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## SLIDE-FAQ'S-IT SEEMS COMPLICATED

No more complicated than the first time using a tampon. It's just a new technique. It's not difficult after a few tries, and practice makes perfect. After a few cycles, you'll be a pro!

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## SLIDE: HOW WOMEN DESCRIBE THE SWITCH

Never heard of a menstrual cup? They have been around for a long time, they are a much better solution than pads and tampons. Here's how our fans describe their switch from disposables to a Menstrual cup: life changing, liberating, comfortable, empowering, amazing, environmentally friendly, awesome, and game changing.

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## SLIDE-LUNETTE GIVES BACK

Here is a little of news about the company. Lunette products are proudly made in Finland, a country which has a strong history of sustainable practices. Packaging and shipping is undertaken by a work centre for people with partial disabilities-allowing everyone the right to work. Lunette also gives back by donating Menstrual cups to girls in disadvantaged areas in Kenya through The Cup Foundation. The cup foundation enables girls to go to school during their period, rather than staying home and skipping school. It also educates boys and girls about menstruation.

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## SLIDE-THANK YOU

Lunette hopes that you embrace your life and live it to the fullest-all month, every month. We also wish you health, happiness & liberation in gaining freedom from disposable strings & wings!