



venus  
menstrual cup

User Manual

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

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## THANK YOU for choosing the Venus Cup!

We hope that the Venus Cup gives you the freedom to follow whichever path your life takes and do whatever your heart desires...without period worries!

Our target was to create a high capacity cup, without being too long or too wide. Something sleek for those who have chafing issues, and easy to remove using the grip rings and a sturdy stem.

The Venus Cup is reusable, economical, and hygienic. It can be used safely for up to 12 hours (depending on your flow), during almost any activity...including sleeping!



Since the Venus Cup collects your flow instead of absorbing it, it does not alter the natural environment of your vagina.

When used correctly, it cannot be felt internally, nor detected externally. It is extremely safe as it is made in the USA with Biocompatible, Medical Grade Silicone and is FDA registered. It contains no excess chemicals, BPAs, Phthalates, Dioxins, or Toxins. It is also latex free.

Note: Before using the cup, please familiarize yourself with the Venus Cup by reading through the entire instruction manual, and keep it for future use.

Sometimes it takes more than one try or even more than a few cycles to perfectly master the use of a menstrual cup. Don't lose hope if you have problems along the way. We're here to support and help you until you get everything right!

## Get to Know Your Venus Cup

Rim

Air Holes

Body

Grip Rings

Base of The Cup

Stem



## Choosing the Correct Size

### **S** Small Venus Cup

- Smaller capacity for a light to medium flow, discharge, and spotting.
- More comfortable for a medium to low or tilted cervix\*.
- The narrower body might be easier to insert for teens or virgins.

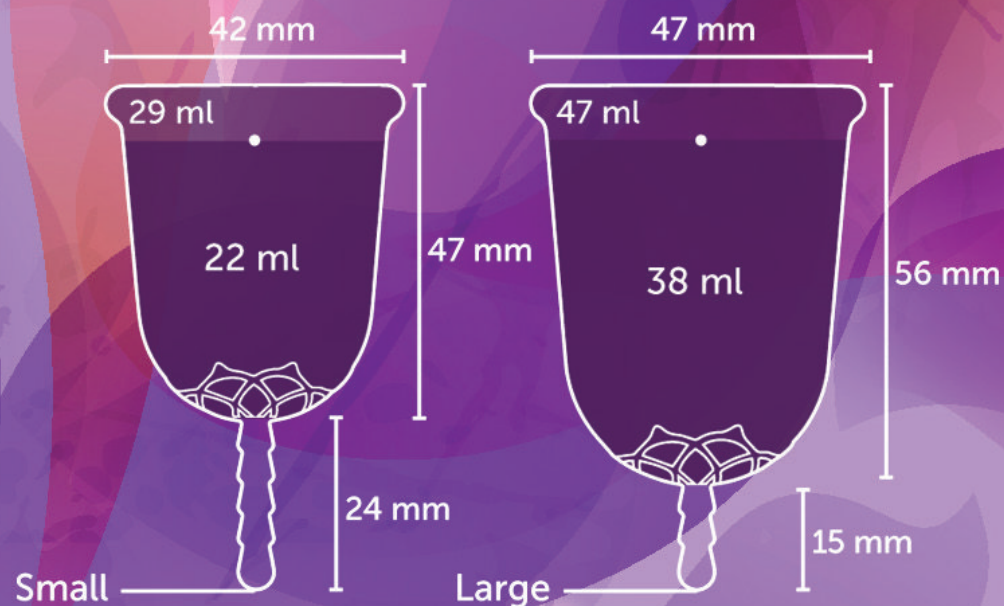
### **L** Large Venus Cup

- High capacity for a heavy flow.
- The extra length will be easier to reach for a medium to high cervix\*.

\* For more information on locating and measuring a cervix, please visit [www.venuscup.com/cervix](http://www.venuscup.com/cervix)

## Venus Cup Models:

Model	Meant for	Capacity	Measurements
<b>S</b>	Light to normal flow Medium to low cervix	Holes: 22 ml (Rim: 29 ml)	47 X 42 X 24 mm (Length X Diameter X Stem)
<b>L</b>	Moderate to heavy flow Medium to high cervix	Holes: 38 ml (Rim: 47 ml)	56 X 47 X 15 mm (Length X Diameter X Stem)





## Venus Cup Care

When handling the Venus Cup, always wash your hands carefully.

### **i** Before First Use

We suggest sanitizing the Venus Cup by placing it in a pot of clean boiling water for at least five minutes prior to its first use.

Submerge the cup so that it's completely covered with water.

Use tongs, a whisk, or a slotted spoon to ensure that it does NOT sit or touch the bottom of the pot.

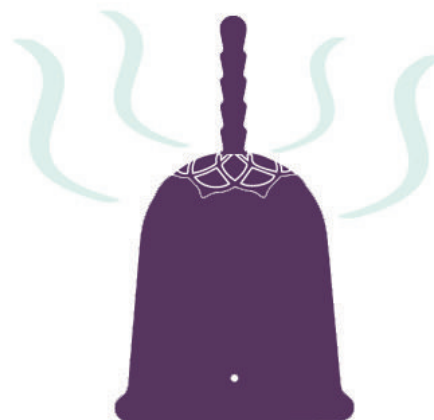


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Set your timer for 5 to 7 minutes.



Remove the cup and let it cool or rinse with cold water before using.



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## **i** During Period

During your period, remove and rinse the cup as needed, or at least every 12 hours. Before reinsertion, make sure that the air holes are always clean and open.



Some people are comfortable with a simple hot water rinse while others feel more comfortable using mild soap and water.

If you choose to use soap, we suggest using only a mild, fragrance free, oil-free wash that is NOT antibacterial.

## **i** End of Period

At the end of your period, wash your Venus Cup thoroughly with hot soapy water or sanitize it by boiling it, whichever you choose.

## **i** Future Use

To prevent infection, remember to always start by washing your hands and your cup with hot soapy water!



- Tip: An easy way to clean the air holes is to fill your cup with water, cover the rim with a hand, and give it a gentle squeeze. The pressure will force any debris out of the holes!



## **i** Other Cleaning Methods

Here are some other common cleaning methods to use during/after your period:

- Personal Wash  
(specifically for the genital area)
- Baking Soda Soak (diluted with water)
- Peroxide Soak (diluted with water)
- Vinegar Soak (diluted with water)
- Isopropyl Rubbing Alcohol Wipe
- Sanitizing Tablets  
(such as Milton Sterilizing Tablets)
- Sun Bath



## Notes:

- Any cleaner other than a mild soap and water, or these alternative cleaning methods, may deteriorate the cup and/or maybe harmful, and is to be used at your own risk.
- Before re-inserting your cup, be sure to rinse off any residue left behind by these methods.
- Please DO NOT use any harsh cleaning products such as bleach to clean your Venus Cup.

For more detailed info about these cleaning methods and others, visit:  
[www.venuscup.com/cleaning](http://www.venuscup.com/cleaning)

## **i** Storing Your Cup

Your Venus Cup needs fresh air.



Store it away in the pouch provided or any breathable container.



Do not store it in an airtight container for an extended amount of time!

Make sure to keep it away from children and pets.



## Folding the Venus Cup

The first thing you'll need to master, is a folding method. Try each fold to see which one is easiest to hold, insert, and which also allows the cup to open. Make sure to keep the cup folded until it is inserted.

The three most common folds are: "C" Fold, "Punch Down" Fold and "7" Fold.

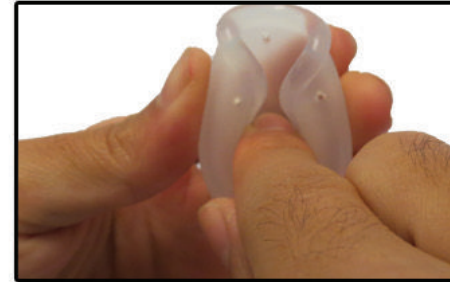
- For easier insertion, you may use water-based personal lubricants.
- Remember that it may take some practice getting the folds just right!

The great thing about menstrual cups is that you can practice and wear it even while you're not bleeding; like when you're expecting to get your period. Just be sure to remove it at least every 12 hours and always give it a good rinse.

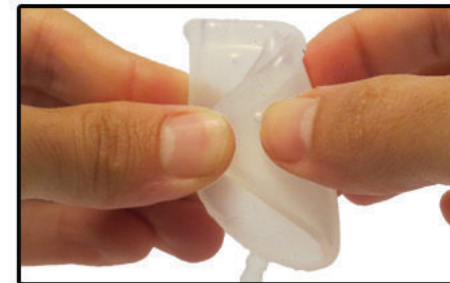
### "C" Fold



### "Punch Down" Fold



### "7" Fold



For all folding options with detailed instructions and videos, please visit [www.venuscup.com/folds](http://www.venuscup.com/folds)

## How to Insert the Cup

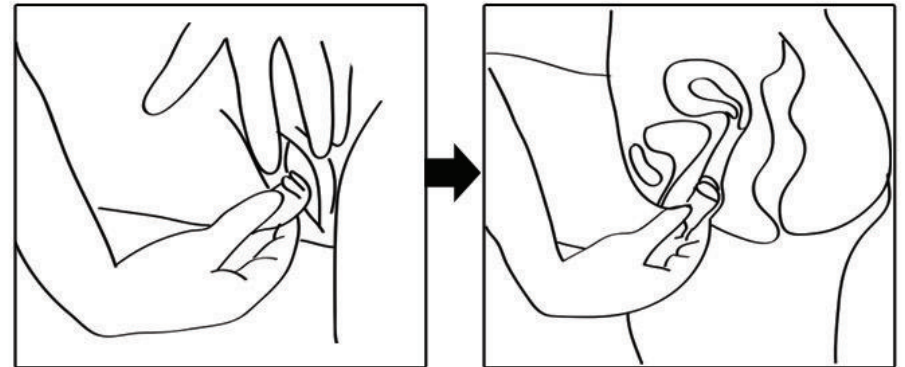
- 1 Wash your hands and the cup prior to inserting.



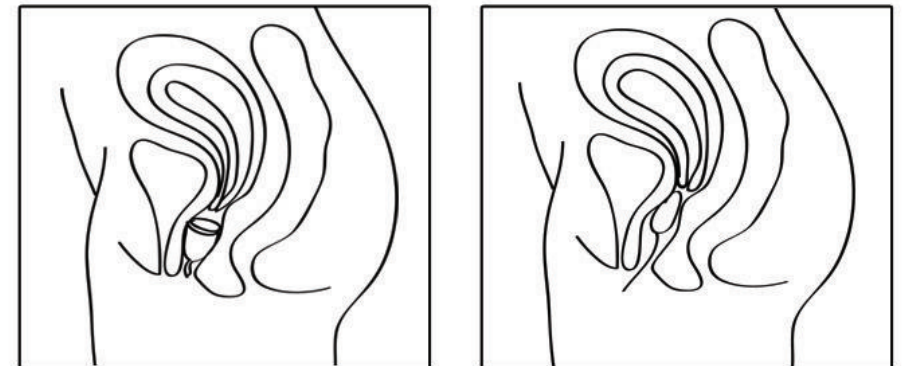
- 2 Fold the cup using your chosen method.
- 3 Relax your vaginal muscles and get into a comfortable position:
  - Sitting on the toilet
  - Standing with a foot propped up
  - Squatting

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- 4 Gently spread your labia and insert the cup completely, aiming towards your tail bone.



- 5 Release the folded cup and allow it to open. You may need to reposition the cup higher into the vaginal canal by using a finger to push it upward.



Venus Cup

Tampon

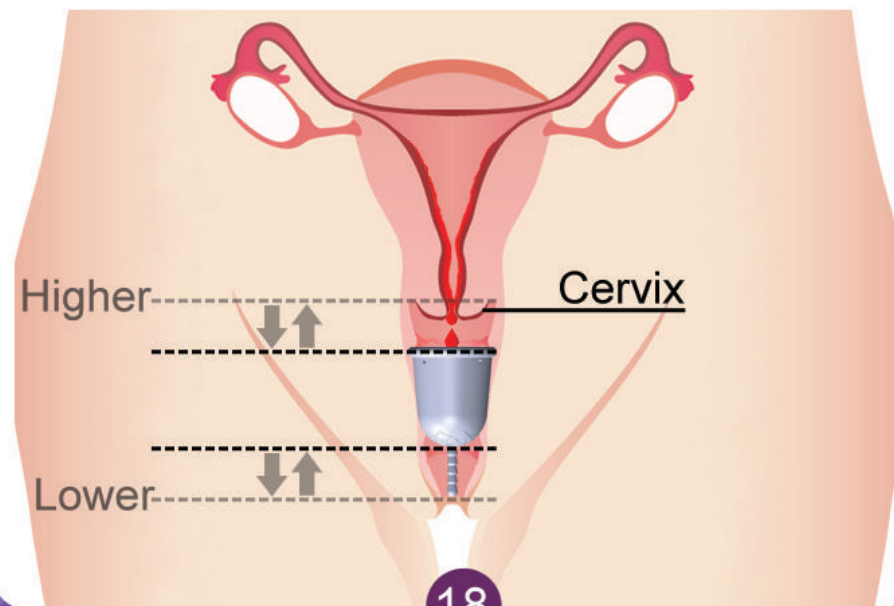
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## 5 Insertion Tips / Notes

- i If you're experiencing dryness, use a water-based personal lubricant.
- i Wipe the base (grip rings) and stem of the cup. This will help eliminate "spotting" by removing excess blood.
- i Insert a finger to feel the rim of the cup (if you cannot reach the rim, feel as high as you can):
  - a) Check that the cup opened completely.
  - b) Check that the cervix is above or inside the cup.
    - i) Run a finger around the outside of the cup.
    - ii) If there are any indentations, the cup may not have opened completely. Gently wiggle the cup down until the cervix has room to drop into the cup.

- i Twist the cup after the insertion:
  - a) This may help the rim open.
  - b) This may help the cup create a seal/suction.
- i A cup will sit differently in each body and the cervix height also vary from person to person (from very low to very high position). Thus, some cups sit lower in the vaginal canal under the cervix, while others sit higher or even AROUND the cervix. Please visit [venuscup.com/cervix](https://venuscup.com/cervix) for more info.



## How to determine 'when' to empty the Venus Cup?

Although the Venus Cup was designed for a higher capacity, it is perfectly safe to use even if you have a lighter flow.

If you have a moderate to light flow, you might be able to use the cup for the full 12 hours before needing to empty it.

If your flow is moderate to heavy, you might not know exactly when to remove and empty the cup.

Here are a few methods that you can do to eliminate overflow and leaks:

- 1 Practice your cup emptying sessions when you're at home or use a cloth pad for back up, just in case you leak.
- 2 Keep a log of how much you filled the cup and the time it took.

- 3 Use the cup for 3 hours and then remove it.



If the cup is only a  $\frac{1}{4}$  full, add another 6 hours to your total time (9 hours total).



If the cup is  $\frac{1}{2}$  full, add another 3 hours to your total time (6 hours total).



If the cup is  $\frac{3}{4}$  of the way full, this is the ideal time to empty your cup.



If the cup overflowed or is any fuller than  $\frac{3}{4}$  of the way up, you might want to empty your cup an hour earlier.



## Notes:

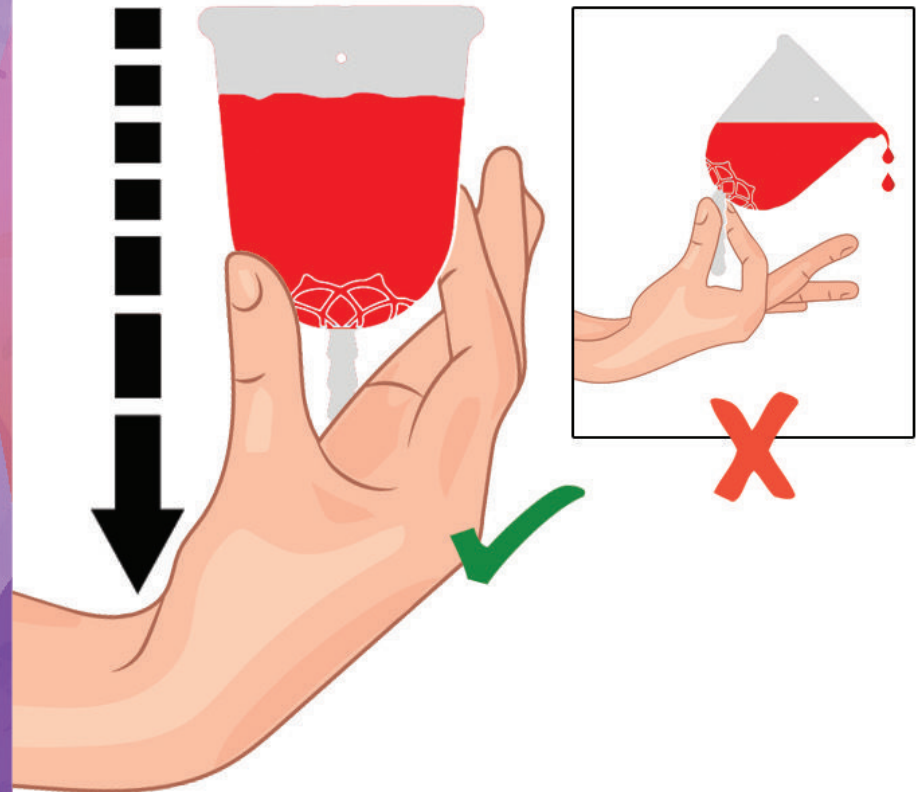
- i Do not let your cup overflow while wearing it.
- i When your period starts to lighten up, you can leave your cup in for a longer length of time.
- i Do not wear your cup for more than 12 hours a time without emptying it and washing it properly.
- i Since everyone is different, knowing when to empty your cup will be trial and error in the beginning.

After a couple of periods, you'll get to know your body and your flow, and will have worked out a schedule of when to visit a restroom.

## How to Remove the Cup

- 1 Wash your hands prior to removing your cup.
- 2 Relax and get into a comfortable position:
  - Sitting on the toilet
  - Squatting in the tub
- 3 Gently spread your labia and insert your thumb and index finger.
- 4 Locate and pinch the base of the cup to release the seal/suction.  
If you need to use the stem to locate the cup, gently rock the stem side to side until you can reach the base of the cup. Then pinch the base of the cup to release the seal/suction.

- 5 Keep the cup upright until you are ready to empty the contents into the toilet or down the drain.



- 6 Wash/Rinse as needed and re-insert, or store away for your next period!



## 4 Removal Tips

- i** Do NOT remove the cup by only holding the stem. It does NOT support the weight of the cup, especially if it is filled. You may end up with a big mess!
- i** If you can't reach the base of the cup, try using your Pelvic Floor muscles to push the cup down closer to the vaginal opening.
- i** If you feel a resistance when removing the cup, you may need to break the seal/suction again.
- i** If you experience any sensitivities when the rim nears the vaginal opening, insert your thumb (near your bladder) and collapse the cup a bit to ease the pressure and guard your urethra from being brushed or hit by the rim upon exiting.

## Troubleshooting

### Leaking & solutions

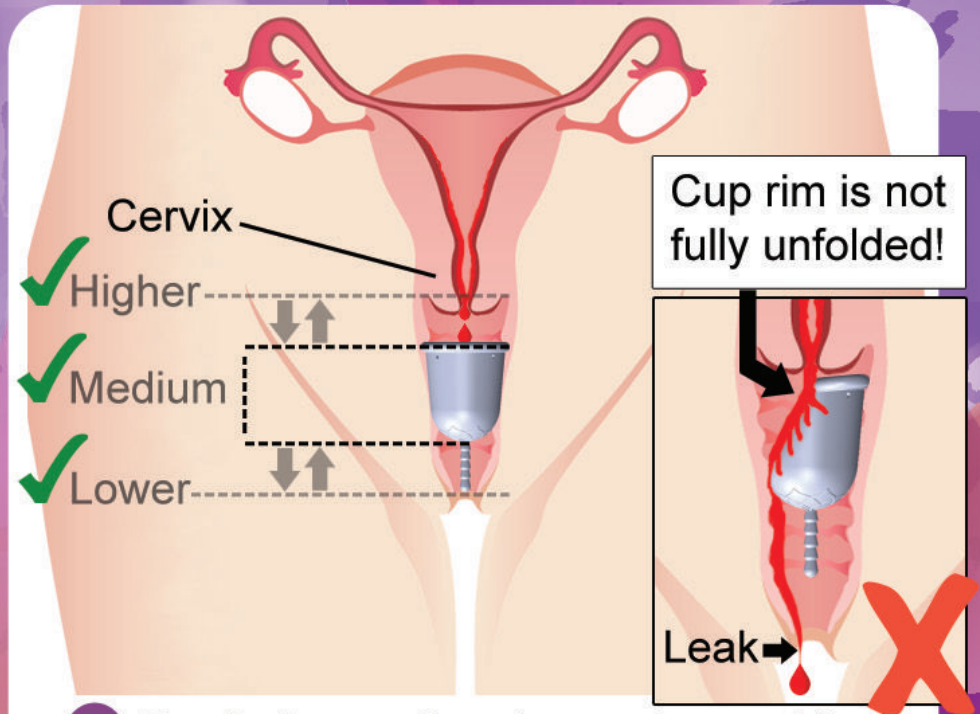
Insert a finger to check that the cup rim has fully unfolded.

If not:

- Press the folded cup against the vaginal wall and then allow the cup to open.
- Remove and insert again.
- Remove and try a different fold.

Insert a finger to check that the cervix is positioned above or is sitting inside the Venus Cup.

If not: Gently pull the cup back a bit until the cervix returns to its normal position and then use a finger to guide the cup back into place.



- ✓ Gently tug on the stem or base of the cup to check if the cup has created a light suction. If not - pinch the base and/or rotate the cup.
- ✓ After inserting the Venus Cup, squat and bear down (as if you're having a bowel movement) and use a wet cloth to wipe the stem and/or grip rings to remove excess blood.
- ✓ Consider a larger size.

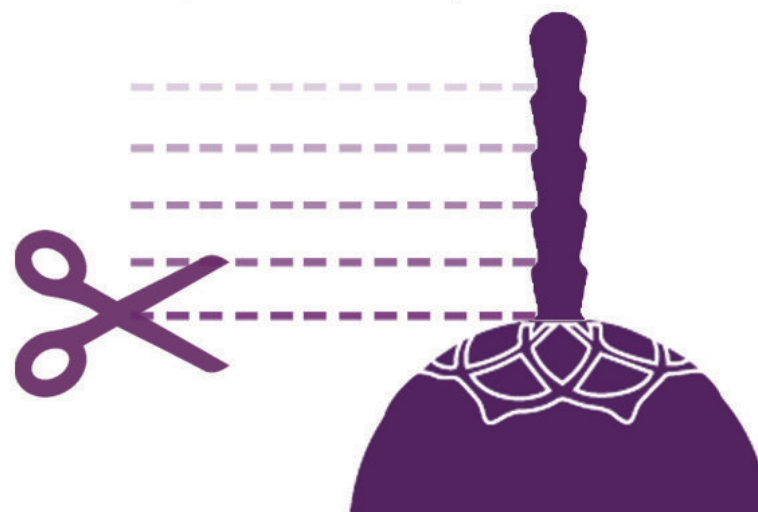


## Can't get the cup to open?

- ✓ Press the folded cup against the vaginal wall and then allow the cup to open.
- ✓ Pinch the base and try rotating the cup.
- ✓ Slide a finger around the exterior of the cup.
- ✓ Remove and insert again.
- ✓ Remove and try a different fold.
- ✓ Run it under cold water to firm up the silicone molecules.
- ✓ Insert the cup ½ way and allow it to open in this position before using a finger to maneuver it into place.  
You may need to adjust the cup slightly in or out and try again.

## Feels too long?

- ✓ Trim the stem (cut a small section or a single cone at a time, until it feels comfortable and you can still reach the cup to remove it).



- ✓ Turn the cup inside out (if you're comfortable with removing the cup without a stem).
- ✓ Try a smaller size.

## Can't reach the cup or it's stuck?

- ✓ First of all, relax. Getting stressed out will make your muscles tense up without your realizing it.
- ✓ Squat and bear down (like you're having a bowel movement) using your Pelvic Floor Muscles to push the cup closer to the vaginal opening. You may need to do a series of pushes.
- If you cannot remove your cup after 12 hours, please seek medical assistance.
- Do NOT use foreign objects to assist with removal as this may cause damage to the cup or your vaginal canal.

## Cup turns or slides down?

- ✓ Check that the cup has created a seal.
- ✓ Turn the cup inside out (if you're comfortable removing the cup without a stem).
- ✓ Try a different size.

## Pain during removal

- ✓ Make sure to break the seal/suction before tugging down on the cup.
- ✓ When the rim nears the vaginal opening, insert your thumb (near your bladder) and collapse the cup a bit to ease the pressure and guard your urethra from being brushed or hit by the rim upon exiting.



## Frequently asked questions

### **Q** Is the Venus Cup safe?

Yes! The Venus Cup uses biocompatible, FDA registered, Medical Grade Silicone.

### **Q** Can the Venus Cup get lost inside of me?

No! The vagina is like a balloon. It is anatomically impossible for the Venus Cup to get lost inside of you.

### **Q** Do you test on animals?

No! The Venus Cup Team loves animals and did no animal testing.

### **Q** Can I use the Venus Cup if I have an IUD?

Yes! Do note that all women are different, so you must visit your doctor and let them know that you're planning on using a menstrual cup, so you will understand the risks and benefits.

They can trim the "strings" of the IUD so that they're not in the way.

- Check the length of your strings periodically. If they feel lower than normal, it's a sign that it may be migrating.
- Make sure that the strings are not hanging outside of the cup after it has been inserted.
- Be sure to release the seal/suction of the cup before removing it, so as not to dislodge the IUD.

**Q Can I use the Venus Cup if I have the “Ring”?**

Yes, but make sure to visit your physician prior to the first use.

If you use an internal birth control such as NuvaRing®, make sure to place the Ring in first, and then the menstrual cup.

\* Be careful when removing the Venus Cup as the Ring may move out of position. If this happens, push the Ring back into place after the cup is removed.

**Q My cup is stained! Do I need to buy a new one?**

No! An overnight soak in a 50/50 mix of Hydrogen Peroxide and water will have your cup looking shiny and new!

**Q What if I need to empty my cup in a public restroom?**

Although the Venus Cup was designed for a higher capacity, if you have a very heavy flow, you might find that you need to empty it while you're away from home.

Here are a few things you can do to clean your cup:

- Empty and reinsert or wipe with toilet paper and re-insert. Give it a good wash when you get the chance.
- Take a water bottle with you.
- Pack a wet cloth or wipe.
- Wet a paper towel before entering a stall.
- Find an “all in one” restroom - “family” restroom



**Q** Can I use the bathroom while my cup is in?

Yes! Unless you feel discomfort, there is no reason to remove the Venus Cup to urinate or to have a bowel movement. However, some people do feel more comfortable doing so. It's perfectly fine either way, whatever is comfortable for you.

**Q** Can I use the Venus Cup while I sleep?

Yes! Since it holds more than an average tampon, you may get in some extra Zzzzzs!

No more waking up to a sea of red sheets!

For more FAQ and answers, please visit: [www.venuscup.com/faq](http://www.venuscup.com/faq)

## Cautions & Important Notes

- ! With proper care the Venus Cup can last upwards to ten or more years. Inspect your Venus Cup on a regular basis. Replace it if there are any signs of damage or if your cup feels sticky or tacky even after it has been washed.
- ! If you're experiencing continued pain, burning, irritation, inflammation or anything else out of the ordinary in your genital or abdomen area while using the Venus Cup, remove it immediately and consult with your physician.
- ! Remove your Venus Cup prior to sexual intercourse.
- ! Do NOT flush your Venus cup down the toilet. It should be disposed in the trash.

- ! The Venus Cup is NOT a contraceptive device. It will NOT prevent an unplanned pregnancy.
- ! The Venus Cup will NOT protect you against sexually transmitted diseases.
- ! Do NOT use the Venus Cup if you have a yeast or bacterial infection. Since Silicone is non-porous, it is believed that menstrual cups do not worsen or cause yeast infections or Bacterial Vaginosis. However, you should remove your cup, boil and store it away until the infection is completely cleared. Visit a doctor for more information, diagnosis and treatment.
- ! Check with your doctor before using the Venus Cup for post-natal bleeding.
- ! Only use water-based personal lubricants with your Venus Cup.



## ! Toxic Shock Syndrome (TSS)

TSS is a condition caused by bacterial toxins. It is rare, but also potentially life-threatening. Symptoms may include (but are not limited to) fever, rash, vomiting, diarrhea, skin peeling, low blood pressure, fainting and confusion.

Symptoms develop approximately two days after the bacteria infects the body.

Symptoms may occur during your period or a few days afterwards.

- \* If you have any of these signs, remove the Venus Cup and contact your doctor immediately.
- \* If you had TSS in the past, consult with your doctor before using the Venus Cup.

- ! Using the Venus Cup and the information in this instruction manual is done at your own risk.

This User Manual is informational in nature and is not offered as medical advice, nor does it substitute for a consultation with your gynecologist/doctor.

- ! If you have any gynecological/medical concerns or conditions, please consult your gynecologist/doctor prior to using the Venus Cup.
- ! Please understand that due to the nature of the item, the Venus Cup may not be returned or exchanged. All sales are final.

! Our Venus Cup models and the User manual may be changed for improvements without any notice.

Find the latest models at:  
[www.venuscup.com](http://www.venuscup.com)

Find the most updated version of the user manual at:  
[www.venuscup.com/manual](http://www.venuscup.com/manual)

### Have a Question / Comment?



If you need further assistance, have a comment, or have additional questions or concerns:

Please send us an email directly to  
[info@venuscup.com](mailto:info@venuscup.com)

## THANK YOU again for Choosing the Venus Cup!

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