

TOM[™]
ORGANIC

THE PERIOD
CUP

CUP USER GUIDE

1

STERILISING YOUR CUP

Please ensure you have sterilised your cup at the beginning of every period cycle. You don't need to sterilise your cup every time you use it, but you can if you want to.

After sterilising, ensure you let your cup cool back to room temperature before attempting to insert and **always** wash your hands before inserting your cup.

Here are two ways you can sterilise your cup



OPTION 1 - TOM ORGANIC STERILISER

When using the TOM Organic Portable Steriliser, please refer to the steriliser user guide at the end of this booklet.



OPTION 2 - STOVE TOP

You can sterilise your cup by boiling it in water on the stove for 4-5 minutes. You need to make sure the cup does not touch the bottom of the pan - use tongs if necessary to keep it in place.

Do not leave the stove unattended while the cup is being sterilised.

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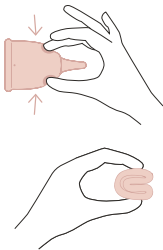
FOLDING YOUR CUP

There are a couple of different folds you can use when inserting your Period Cup, *The C Fold* and the *Punch Down Fold* - we recommend trying both and seeing which works best for you.

It may feel a little overwhelming at first, and it might take a few goes to get it right - this is completely normal.

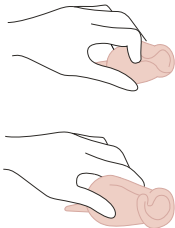
OPTION 1 - C FOLD

Fold your Period Cup into a C shape by placing your thumb and middle fingers on the intuitive grips, pushing them together, then bending the cup edges together to form a C shape.



OPTION 2 - PUNCH DOWN FOLD

Using your index finger, press down on the rim of your Period Cup to collapse the rim in towards the base, creating a triangle.



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INSERTING YOUR CUP

Once you've chosen your fold method, you're ready to insert your cup. Take a deep breath and relax.

First time users → The first time you use your cup we recommend trying it in the daytime and wearing a liner or a pair of TOM Organic Period Briefs for backup protection.

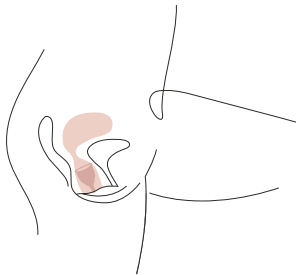
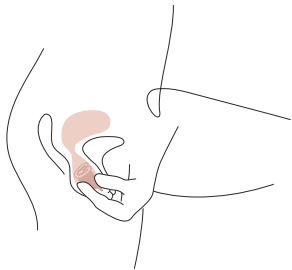
You can insert your Period Cup in a sitting, squatting or standing position with one leg raised. With your folded cup in one hand, gently separate the labia with your free hand.



Insert your cup slowly, rim first into your vagina. Slide it up and back at an angle towards your tailbone (not straight up) until the main body of the cup is inside your vagina.

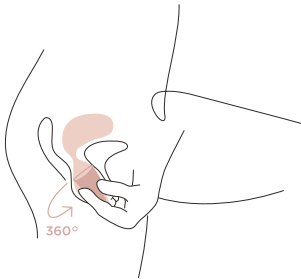
Don't worry if your cup opens up before you finish inserting.

Everyone's cervix is a different length, but as a general rule the stem of the cup should be in line with your vaginal opening (a cup sits lower than a tampon).



ROTATING THE CUP

Once the Period Cup is inserted, gently grip the intuitive finger grips (but don't push on them) and turn the cup one complete 360 degree rotation in either direction. This helps to ensure the cup has fully opened and creates a seal that prevents leakage.

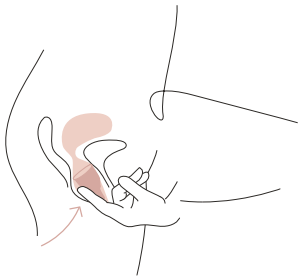


HOW DO I KNOW MY CUP IS IN RIGHT?

This can be really tricky. The first few times you use your cup you might follow all of these steps and realise it's still not inserted correctly, if this is the case you can simply remove it and try again.

A couple of tips to help you out





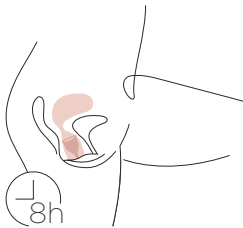
TIPS → Double check the cup has opened fully by running your finger around the outside of the bottom half of the cup, if you don't feel any folds then you should be good to go. You can also check the seal by gently tugging the stem, if you feel pressure as you pull down, you have a good seal.

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WEARING YOUR CUP

You can safely leave your Period Cup in for up to 8 hours. Depending on your flow you may need to empty it more frequently.

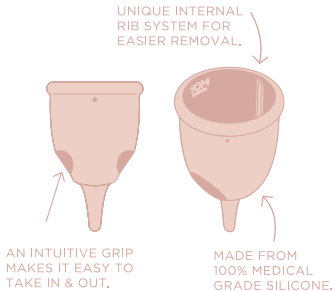
You can also safely use your cup for up to 8 hours overnight.



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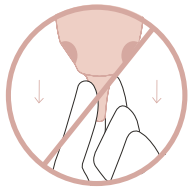
REMOVING YOUR CUP

The Period Cup has some unique features that are designed to make taking the cup out easier. The internal rib system helps break the seal, making it easier to remove. The intuitive grip helps you know you're holding it in the right spot.



The first time you remove your cup it can be a little awkward, but if you follow the instructions, relax and remember to breathe, we promise, you'll be fine.

Make sure you always have clean hands before removing your cup.

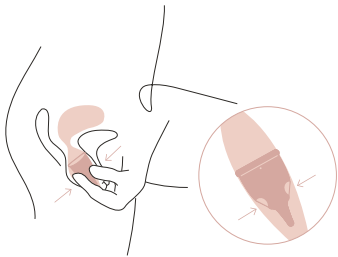


IMPORTANT: The first thing to remember is that the STEM of your cup is not the part that you pull, it's only there to help you guide your way up to the cup itself. Pulling on the stem will actually create suction and make it harder to remove the cup.

Get comfortable: sitting, squatting or standing with one leg up. Gently separate your labia with your fingers. Use the stem as a guide to reach your cup. Using your thumb and middle finger find the intuitive grips on your Period Cup, squeeze them together to release the seal, gently start to pull the cup out, wiggling it side to side if necessary.

We recommend you also push your pelvic floor muscles “down” this will help push the cup out while you pull it.

Once you've removed your cup empty it into the toilet or sink. Then you're ready to rinse and re-insert, or pop it away for next time.



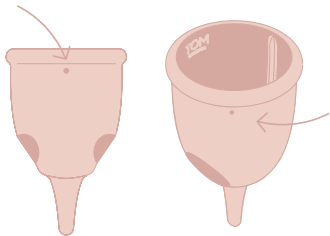
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CLEANING YOUR CUP
IN BETWEEN USE

If you're planning to reinsert your cup straight away you can rinse it with cold water first, then wash with warm water and a mild, unscented, oil free soap. Rinse again thoroughly.

We recommend turning the cup inside out to give it a thorough clean.

Note: You don't need to sterilise your cup every time you use it, but you can if you want to.



TIP → The little holes under the rim of your Period Cup need to stay clean at all times, they help provide the suction that keeps your cup in place.

When cleaning we recommend you pay close attention to this area – you can stretch the cup a little around these holes while running it under warm water to ensure they are clear.



STORING YOUR CUP

If you need to store your cup temporarily (less than 12 hours) you can use the TOM Organic Steriliser as a waterproof case. Just make sure you give both the case and the cup a good wash before using them again.

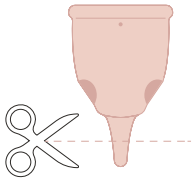
In between use or in between periods, your cup should be stored in a breathable environment, **you can keep it in the cotton bag provided**. Never keep your cup in a plastic bag or airtight container. Always wash and re-sterilise before your next cycle.

TRIMMING THE STEM

The Period Cup stem is designed to be flexible and comfortable, its main purpose is to help you locate the cup when it's inside your vagina. If you find that the stem of your cup is too long and causing discomfort you may decide to trim off part or all of the stem.

Simply cut the stem with a pair of scissors at any length you desire.

Never attempt to trim the stem while the Period Cup is inserted.



FAQS

WHAT DO I DO IF I CAN'T REACH MY CUP OR I'M HAVING TROUBLE GETTING IT OUT?

If you can't reach your cup don't panic, your vagina is only 8-10cm long and the cervix will stop it in its tracks. Although uncommon, sometimes the cup can move higher in the vagina if a good seal isn't formed when it's first inserted.

While squatting, try using your pelvic muscles to push down on the cup to lower it. If this doesn't work and the cup has

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been in for less than 8 hours, go for a 30 min walk, or have a cup of tea and relax, then go back and try again.

If your cup has been in for longer than 8 hours and after multiple attempts you still are unable to remove your cup please get in touch with a healthcare professional for assistance.

IS IT NORMAL TO EXPERIENCE SPOTTING OR LEAKAGE WHILE WEARING MY CUP?

Cups don't "absorb" like a tampon, so sometimes there can be

excess blood in your vagina after inserting the cup, to prevent spotting, wipe or rinse your labia after inserting.

When the cup is inserted correctly you shouldn't experience any leaks. If your cup is noticeably leaking, it may not have been inserted correctly or it may be full. You should remove it and check that it's not full, that the 4 holes are clear, and try re-inserting.

If you are experiencing continued leaking, it could also be that



you are not using the correct size (this would usually occur if you are using a size 1 and need a size 2).

Remember you can also use a liner, pad or Period Brief with your cup as back up protection.

If you have any questions or need advice on using your cup please get in touch with our customer service team via hello@tomorganic.com.au

CAN I USE A LUBRICANT TO HELP INSERT MY CUP?

If you are having trouble inserting your Period Cup sometimes lubricant can help. Initially we recommend starting with water, sometimes this is all that is required. If you do need to use something stronger, only use a water-based lubricant.

Do not use oil-based, silicone-based lubricants or any other type of oil (including coconut oil) as they will degrade your Period Cup.



HOW DO I TAKE CARE OF MY PERIOD CUP?

Over time your cup may start to discolour, this is completely normal, it doesn't need to be cleaned or bleached, maybe just think of it as a reminder of your period journey.

We **do not** recommend using any of the following to clean your cup: vinegar, tea tree oil, castile soap, anti-bacterial soap, hand sanitizer, and hydrogen peroxide or any other harsh chemical – all of these could irritate your vagina and deteriorate your cup.

WHEN DO I NEED TO REPLACE MY CUP?

If you look after your cup it can last up to 5 years, however because the Period Cup is a medical device we recommend that you replace your cup annually.

Under the following circumstances you should cease using your cup and replace it IMMEDIATELY ↓

- If you notice a sticky or powdery film on the surface of the cup
- If you notice a foul odour coming from the cup
- If it accidentally falls in the toilet
- If you have used it while you had a yeast or bacterial infection
- If you notice any tears, scratches or deformation of the silicone

HOW DO I DISPOSE OF MY CUP WHEN I NO LONGER NEED IT?

Because your Period Cup is considered a medical device we recommend disposing of it in the rubbish bin at the end of its life.

You can find more Period Cup tips, guides and FAQs on our website: thetomco.com/theperiodcup

PRECAUTIONS

A few extra things you should know before using your Period Cup ↓

- Remove the Period Cup prior to having sex.
- The Period Cup is not a contraceptive device and will not protect you against pregnancy or Sexually Transmitted Infections (STIs).
- If you wear an IUD please consult your doctor before using your cup to understand the risks and benefits.
- **Do not** use your Period Cup if you have a yeast or bacterial infection.

- If you have previously been diagnosed with TSS please consult your doctor before using your Period Cup.
- If you experience any symptoms of general pain, burning, irritation, or inflammation of the genital area, or discomfort during urination, remove the Period Cup and consult your doctor.

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.

The early symptoms may begin suddenly and are similar to the 'flu'; feeling very ill, headache, muscular pains, high fever and chills, usually 39 degrees celsius (102 degrees fahrenheit), vomiting, diarrhoea or both, fainting, dizziness, weakness or confusion and/or sunburn-like rash. If you experience these symptoms contact your doctor right away. For more information about TSS visit www.toxicshock.org.au

The TOM Organic Period Cup is produced under a quality system and complies with the strict requirements of AS/NZS 2869:2008

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STERILISER USER GUIDE

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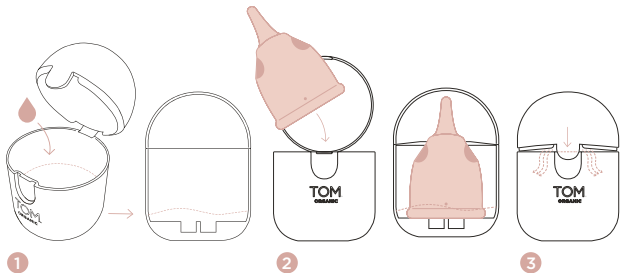
STERILISING YOUR CUP

These guidelines have been tested for sterilisation using the TOM Organic Period Cup only, if you are using this steriliser with another brand of menstrual cup please ensure the cup fits securely in the steriliser and that the water achieves boiling point when microwaved. Microwave time may vary depending on the wattage of your microwave.

After you have washed and rinsed your Period Cup it is ready to sterilise.

- 1 Open the steriliser, fill with cold water to the line indicated on the inside rim (approx 12ml). The water should sit just above the steriliser "feet" inside.
- 2 Place your cup **face down** into the steriliser.
- 3 Close the lid to the first notch so that there is still a gap at the top (this is important as the steriliser needs ventilation when it is heated).

WARNING: Do not overfill with water.



- 1 Microwave the steriliser (with the cup inside) for 1 minute on high (1000W microwave).
- 2 Leave to cool in the microwave for 1 minute before removing - note if you remove it before this time the steriliser may be too hot to handle.
- 3 Remove the steriliser from the microwave, open the lid, drain the water and your cup is ready to use.
- 4 Ensure your cup has cooled to room temperature before inserting.
- 5 We recommend you use your cup as soon as it has been sterilised.

STORING YOUR CUP BETWEEN USES

Your steriliser can also act as a handy carry case, especially if you need to remove the cup and have somewhere to store it before you clean it again. You can use your steriliser case to store your cup in between use, but we do not recommend leaving your cup in the steriliser for more than 12 hours. If you need to store the cup for longer than this we recommend you wash the cup and use the cotton bag provided instead.

Please replace your steriliser if it becomes damaged or broken. At the end of its life your steriliser is 100% recyclable in hard plastic recycling.

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