

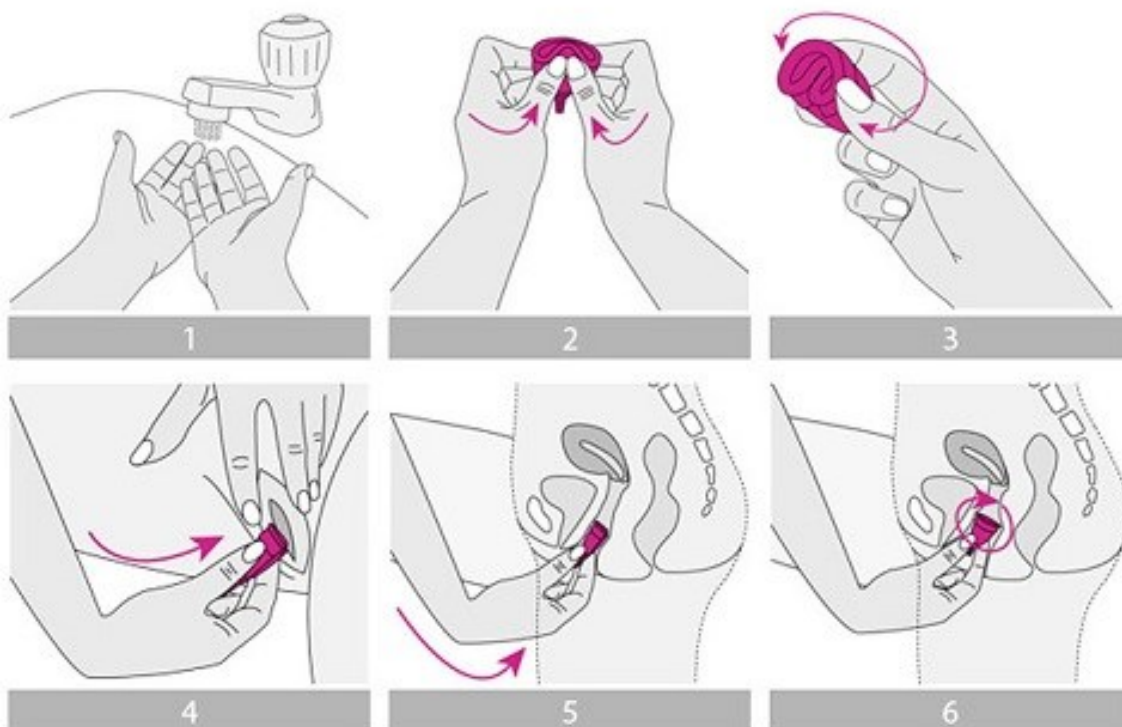
Menstrual cups



A menstrual cup is a small soft cup. You can use one instead of tampons or pads when you have your period.

How do I use a menstrual cup?

- Wash your hands.
- You fold the cup and put it into your vagina, just like a tampon.
- Make sure the cup opens. When it is in right, you will not feel your cup.
- You can leave your cup inside your body for up to 12 hours.
- You can use one menstrual cup for up to ten years.
- Make sure to keep your menstrual cup clean. You can use mild soap or put the cup in boiling water for 5-10 minutes.



**Talk to
your CHN
health
educator if
you have
more
questions!**