



Aria
Cup.

Menstrual Cup
User manual

Copa Menstrual
Manual de usuario



Aria Cup - Size 1

Normal flow

Capacity of 29ml

Aria Cup - Size 2

Heavy flow

Capacity of 32ml

THANK YOU FOR CHOOSING THE ARIA CUP!

We hope you enjoy the Aria Cup and do whatever you have in mind without any menstrual worry!

Our goal is for you to live better moments while having your menstrual cycle. The Aria Cup has the ideal size, it is not too long or too wide.

Your Aria Cup is hygienic and at the same time economical as you are able to reuse it. You can use it for up to 12 hours (depending on your flow), during many activities...even sleeping.

One of the many benefits of the Aria Cup is that it collects your flow rather than absorb it. Due to this, it does not change the natural environment of your vagina.

LIVE BETTER MOMENTS WITH ARIA CUP

You should not feel the cup if you have placed it correctly and you should not see it externally either. The Aria Cup is latex free and does not include any harmful compounds like BPAs, Phthalates, Toxins and Dioxins. It is made with Biocompatible and Medical Grade Silicone that has been FDA registered in the USA which gives you the assurance that it is safe to use.

Note: It is important to thoroughly read the user manual before using the Aria Cup. You should also keep the manual for future reference.

GETTING STARTED

BEFORE ITS FIRST USE:

In order to clean your cup, submerge it completely in boiling water for 3-5 minutes.

Never expose your cup or case to open flame.



GETTING STARTED

BEFORE EACH USE:

It can be quite difficult to remove the cup if the four holes are obstructed. Make sure the holes are clear and remember to do this every time before using it. If you notice that the holes are obstructed gently wipe them clean.



It is important to boil your cup before each period and rinse with clean water every time you empty your cup.

Water must be boiling for at least one minute.

INSERTING YOUR CUP

ONCE YOUR CUP IS CLEAN, YOU CAN INSERT IT FOLLOWING THESE INSTRUCTIONS:

Wash your hands with warm water using a mild unscented soap. Next, bring your cup with you to a toilet or shower in a bathroom where you can



Fold the cup in order to insert more easily. On the following pages are several different folds we suggest you can try.

"C" FOLD

1



2



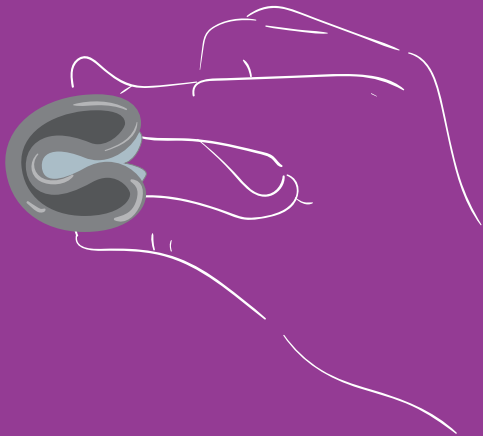
3



4



“C” FOLD TOP VIEW



**“PUSH DOWN”
FOLD**

1



2



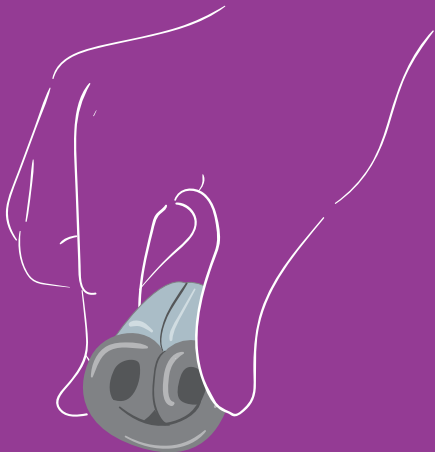
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4

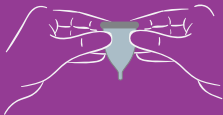


“PUSH DOWN” TOP VIEW



“7” FOLD

1



2



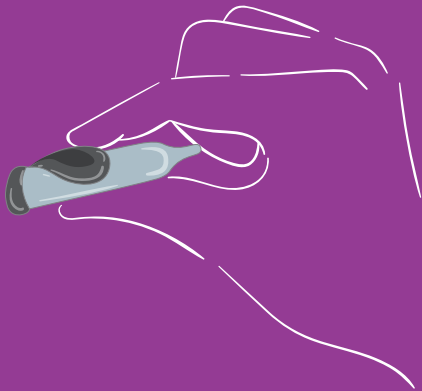
3



4



“7” FOLD VIEW



INSERTING YOUR CUP

1. Insert: Use your non dominant hand to separate your labia and using your dominant hand hold the folded cup. It is important to try to relax your vaginal muscles. Slide the cup rim first into your vagina and towards your tailbone. The cup will open as it is inserted.

2. Position: Make sure the stem is within a ½ inch of the vaginal opening. If this is not the case, you can try removing the cup and re-inserting it or rotating the cup. In order to make sure the cup is completely sealed against the vaginal walls try rotating it freely.

3. Use up to 10-12 hours at a time. The cup must be emptied at least 2-3 times per 24 hours.

REMOVING YOUR CUP

- 1. Wash** your hands with warm soapy water and then sit or squat in the bathroom toilet or shower.
- 2. Remove:** Locate the stem and pinch the ribbed area above the stem to break the seal. In order to prevent suction, make sure the seal is broken before pulling. Gently slide the cup out in order to prevent leaks. If you are having trouble finding the stem, then push like having a bowel movement and use your thumb and index finger to locate the stem.

REMOVING YOUR CUP

- 3. Empty** the contents in the toilet, rinse your cup with clean water.
- 4. Repeat** the insertion process if you continue to have your period.
- 5. Store** your clean cup in its case once your menstrual cycle is over and keep it in a safe, dry place until its next use, you may also clean it more deeply with boiling water.

FAQ

This may take some practice so don't worry – just relax and keep trying. Once you get the hang of it, you'll love your cup!

How long can I keep the cup inside my body?

You can keep your cup inserted for up to 12 hours and also overnight, just make sure to empty it at least 2-3 times per 24 hours. You are able to swim, play sports, travel and sleep while using your cup. There is no need to remove it to urinate or have a bowel movement.

FAQ

Can my cup get stuck or lost inside of me?

No. It is not possible for it to get lost inside of you. We recommend you try removing your cup before 12 hours just in case it takes a little longer for you to remove it or in the rare event you need medical assistance.

How many times can I reuse my cup?

You can use your cup for 10+ years with proper use and care. You might notice discoloration over time but it is safe to use as long as there is no damage.

PRECAUTIONS

The information provided is only for general use and is not medical advice. Do not continue using the cup and contact your doctor if you are experiencing any adverse effects.

Make sure to let your doctor know prior to use if you have any existing medical or gynecological conditions.

Talk to your doctor before using the menstrual cup if you are planning to use it along with an IUD. If not used correctly there is a risk of IUD displacement.

The menstrual cup's use is only for feminine hygiene. Keep in mind that it does not protect against pregnancy or STD.

PRECAUTIONS

Toxic Shock Syndrome (TSS) is a very rare disease, especially with menstrual cups, however if you suddenly experience a rash, fever or flu-like symptoms while you are using your cup, remove it as a precaution and immediately consult your doctor.

Due to the type of product, the Aria Cup cannot be returned or exchanged.

There may be alterations done to this user manual as well as the Aria Cup models without any notice. Therefore, we recommend that you check our website www.ariacup.com for updates and additional information.



**THANK YOU FOR
CHOOSING ARIA CUP!**

**¡GRACIAS POR
ELEGIR ARIA CUP!**

Reach us at / Contáctanos



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www.ariacup.com



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