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Sirona 8908004343302

Sirona Reusable Menstrual Cup Instruction Manual - Medium Size

Model: 8908004343302

1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Sirona Reusable Menstrual Cup. Designed for comfort and reliability, this medical-grade silicone cup offers an alternative to traditional feminine hygiene products. Please read all instructions carefully before first use.



Image 1: Sirona Reusable Menstrual Cup (Medium, Pink) with its storage pouch and cylindrical packaging.

2. SAFETY INFORMATION

For your safety and optimal product performance, observe the following:

- Wash hands thoroughly before handling the menstrual cup.
- Sterilize the cup before first use and after each menstrual cycle.
- Do not use the cup if you have a vaginal infection or are experiencing any discomfort. Consult a healthcare professional if issues persist.
- The Sirona Menstrual Cup is free from chemicals, dyes, and lotions.
- Do not use for more than 10-12 hours without emptying and rinsing.

3. PRODUCT OVERVIEW

The Sirona Reusable Menstrual Cup is crafted from ultra-soft, medical-grade silicone, designed for comfort and leak-proof protection. Its flexible rim adapts to your body's curves, providing a secure fit.

Key Features:

- **Material:** Medical-Grade Silicone
- **Comfort:** Ultra-soft, odor-free, rash-free.
- **Protection:** Leak-proof for 8-10 hours.

- **Design:** Flexible rim for vacuum seal, grooved stem for grip, tulip shape for comfortable fit, rim holes to release vacuum.

AVAILABLE IN 3 SIZES



SMALL
Up to 15ml

MEDIUM
Up to 22ml

LARGE
Up to 30ml







Flow	Light - Moderate	Moderate - Heavy	Heavy
Capacity	3 pads  2 tampons 	4 pads  3 tampons 	5 pads  4 tampons 
Age	Under 18 yrs	18 - 30 yrs	30 yrs & above
Suitability	<ul style="list-style-type: none"> • Medium body built • Not given birth 	<ul style="list-style-type: none"> • Average body built • May or may not have given birth 	<ul style="list-style-type: none"> • Above average body built • Have given birth

Image 2: Detailed view of the Sirona Menstrual Cup's design, highlighting its flexible rim, grooved stem, tulip shape, and rim holes for easy removal.

4. SETUP AND FIRST USE

Before using your Sirona Menstrual Cup for the first time, it is crucial to sterilize it.

1. **Sterilize:** Place the cup in boiling water for 3-5 minutes. Alternatively, use a dedicated cup sterilizer.
2. Allow the cup to cool completely before handling.
3. Wash your hands thoroughly with soap and water.

YOUR CUP'S SUPPORT SYSTEM



Image 3: Visual guide demonstrating the five key steps for using the Sirona Menstrual Cup, from sterilization to re-insertion.

5. OPERATING INSTRUCTIONS

Follow these steps for proper insertion and removal of your menstrual cup:

Insertion:

1. **Fold & Hold:** With clean hands, fold the cup using the 'C' fold method (or punch-down fold), holding it firmly between your thumb and forefinger.
2. **Insert:** Relax your muscles. Hold the cup at an angle, aiming towards the base of your spine. Gently separate the labia with your free hand. Push the curved edge of the folded cup into the vaginal opening. Ensure you are relaxed during insertion.
3. **Check Placement:** Once inside, the cup should fully open. You can gently rotate it or run a finger around the rim to ensure it has created a seal. If correctly placed, you should not feel the cup.

Removal and Emptying:

1. **Remove:** After 8-10 hours (or sooner if needed), wash your hands. Gently tug on the stem to break the seal. Pinch the base of the cup to collapse it and carefully pull it out.

2. **Empty:** Empty the contents into the toilet.
3. **Rinse:** Rinse the cup with cool water.

Your browser does not support the video tag.

Video 1: Official Sirona video demonstrating the general use and benefits of Sirona Menstrual Cups.

Your browser does not support the video tag.

Video 2: Official Sirona video providing a comprehensive guide on how to use the Sirona Reusable Menstrual Cup for women.

6. MAINTENANCE AND CARE

Proper care ensures the longevity and hygiene of your Sirona Menstrual Cup.

- **Daily Cleaning:** After emptying, rinse the cup with cool water. You can use a mild, unscented, oil-free soap or a dedicated menstrual cup wash for thorough cleaning.
- **Sterilization:** Before and after each menstrual cycle, sterilize the cup by boiling it in water for 5-10 minutes. Ensure the cup does not touch the bottom of the pot to prevent damage.
- **Storage:** Store your clean and dry menstrual cup in the provided breathable drawstring pouch. Avoid airtight containers, as this can degrade the silicone.
- **Avoid Harsh Cleaners:** Do not use harsh chemicals, abrasive cleaners, or scented soaps, as these can irritate vaginal tissue or damage the silicone.



Image 4: Sirona Menstrual Cup with recommended cleaning and sterilization accessories for comprehensive hygiene.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common solutions:

- **Leakage:**
 - Ensure the cup has fully opened inside. Gently rotate it or run a finger around the rim to check for a seal.

- Check if the cup is positioned correctly. It should sit lower than a tampon, but fully inside the vaginal canal.
- Verify you are using the correct size. Refer to the size guide in the specifications section.

- **Difficulty Inserting/Removing:**

- Relaxation is key. Try different folds (C-fold, punch-down fold).
- Use water or a water-based lubricant on the rim for easier insertion.
- For removal, ensure the seal is broken by pinching the base before pulling.

- **Discomfort:**

- The cup might be too high or too low. Adjust its position.
- If the stem causes irritation, it can be trimmed carefully.
- If discomfort persists, discontinue use and consult a healthcare professional.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	2.36 x 2.36 x 3.74 inches
Item Weight	1.06 ounces
Manufacturer	Sirona Hygiene Private Limited
Item Model Number	8908004343302
Material	Medical-Grade Silicone
Color	Pink
Size (Medium)	Up to 22ml capacity, suitable for ages 18-30 years, average body built, may or may not have given birth.

HOW TO USE



STERILIZE: the cup before use in a cup sterilizer or put it in boiling water for 3-5 minutes.



FOLD & HOLD: Take the cup with clean hands and fold its rim twice, holding it firmly between your thumb & forefinger.



INSERT: Hold the cup at an angle, aiming towards the base of your spine. Gently separate the labia with your free hand. Push the curved edge of the folded cup into the vaginal opening. Make sure you are relaxed while doing so.



REMOVE: the cup within 8 hrs by pinching the base & gently pulling it out.



EMPTY: the blood into the toilet pot and rinse it with Cup Wash before inserting it back in. Thoroughly wash & sterilize the cup before storing it.

Image 5: Sirona Menstrual Cup size guide, detailing capacity, age, and suitability for Small, Medium, and Large sizes.

9. WARRANTY AND SUPPORT

For specific warranty information, please refer to the product packaging or contact Sirona customer support directly. General support and additional product information can be found on the official Sirona brand store.

Visit the Sirona Brand Store