

FemmyCycle

Innovative Menstrual Cup



- Ideal for active, athletic women
- Collects menstrual flow for up to 12 hrs
- Easy to insert and remove



www.femmycycle.ca

What is the FemmyCycle?



The FemmyCycle® is an innovative menstrual cup that is safe, cost effective, and most important, minimizes the mess and leakage associated with almost all other feminine sanitary products.

When folded, the FemmyCycle is shaped like a tampon making it easy to insert. Once inserted, it opens up to collect menstrual flow. You then simply remove it after 12 hours (or sooner, depending on your flow) using the built-in removal ring.



Advantages of the FemmyCycle

- Innovative menstrual cup
- Ideal for active, athletic women
- Comfortable and discreet as a tampon
- Keeps menstrual flow from spilling
- Collects menstrual flow for up to 12 hrs
- Easy to insert and remove
- Made of soft medical grade silicone
- Available in three sizes
- Not to be used if you have ever had Toxic Shock Syndrome (TSS).

FemmyCycle : three sizes:

Teen	Regular	Low Cervix
3.1 cm diameter	3.6 cm dia.	3.6 cm dia.



10% smaller

2.4" high
1.8" wide
holds 1 Oz.

2.0" high
1.8" wide
holds 1 Oz.

FemmyCycle Measurements and Specifications

Sizes	Diameter of the rim	Height without the removal ring	Height with the removal ring	Capacity
Teen	3.1 cm	3.8 cm	5.7 cm	17.5 mL
Regular	3.6 cm	4.3 cm	6.3 cm	30 mL
Low Cervix	3.6 cm	4.3 cm	5.0 cm	30 mL

How to use the FemmyCycle

How to insert the FemmyCycle®

1 Sit on the toilet with your knees apart, or squat or stand with one leg raised on the toilet seat.



2 Close the lid of the FemmyCycle® and compress the Rim **firmly**, as shown in the figure.



3 Fold the rim at the notch into a tight "U" shape while gripping it **firmly**, trapping the air inside the receptacle. (The trapped air will help it to pop open when it is inserted inside the vagina.)



4 Hold the folded FemmyCycle® rim **firmly** with index finger and thumb, separate your labia with other hand and insert the FemmyCycle® slowly. This will help it to pop open.



5 Push the FemmyCycle® backward. **Stop pushing** once the removal ring enters your vagina.

NOTE: The FemmyCycle® is designed not to open completely. This will create suction to draw the flow into the device.



6 Once the FemmyCycle® is inserted into the vagina, the rim will open enough to collect your menstrual flow.

NOTE: The FemmyCycle® should sit in the lower part of the vagina as a receptacle for menstrual blood.



Detailed instructions for proper insertion and removal are included with all FemmyCycles.

www.femmycycle.ca

Frequently Asked Questions

Is the FemmyCycle easy to clean?

Yes. Just empty the content into the toilet and clean the FemmyCycle with liquid soap and warm water, then rinse thoroughly. You should sterilize the FemmyCycle twice a month, before and after your period.

Did women who used the FemmyCycle overnight experience any leakage?

Unlike tampons, the FemmyCycle is safe and effective for overnight use.

Will I feel the FemmyCycle while using it?

No. When inserted properly, the FemmyCycle is as comfortable and discreet as a tampon.

Can I use the FemmyCycle if I am also using an IUD?

Yes. It's safe and effective for use with an IUD.

Can I have intercourse while wearing the FemmyCycle?

Not penetrative intercourse, however you may enjoy cleaner non-penetrative intercourse when using the FemmyCycle.



Order FemmyCycle Now!

Online or call 1.855.246.2442



FemmyCycle.ca

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MEDISAFE DISTRIBUTION INC.

7 – 11771 Horseshoe Way
Richmond, BC V7A 4V4 Canada

www.femmycycle.ca

