The FITCup is placed in the lower vagina, below the cervix, to collect menstrual flow. FITCup’s ultrasoft material is placed by a you-carefully created vaginal gel, which should make you comfortable. By using the FITCup Menstrual Kit, period protection has never been easier.

**HOW IT WORKS**

**CAUTION** Never clean your FITCup or Sanitizing Caps with any kind of soap containing colors or fragrances, as this can cause irritation.

**5. SANITIZE & CLEAN**

Good cup sanitizing and cleaning practices not only keep us safe, but also help avoid odor and discoloration, which is why your FITCup’s SANITIZE & CLEAN kit is so important.

**Sanitizing before and after your period**: Before first use, at the start of your cycle and at the end of your period, sanitize your cup by boiling it for 20 minutes. Alternatively, you can use the FITCup in the included Sanitizing Caps, filled with boiling water so the cup is fully submerged and heated for 10 minutes, or boil it for 10 minutes afterward, discard the water, and allow your cup to cool. To remove any remaining residue, wash it with soap and water and let it air-dry. This process also makes your cup comfortable to use. There is no need to use a disinfectant to sanitize your cup. The important thing to remember is to thoroughly dry your cup before putting it away.

**Cleaning during your period**: To keep your cup clean throughout your cycle, rinse it with clean, potable water every time you empty your cup. After that, it’s all ready for reinsertion. Your care makes this easy, even when using a public bathroom, Empty, Rinse, & Store.

**Remove & Empty**: To remove the cup, first wash your hands with soap and clean water. Then, squat or sit on the edge of a toilet and rinse the cup by removing the cap, removing the stem and guide the cup down to the bottle. Empty the contents into the toilet. Don’t flush if you cannot immediately flush the cup. It is not a toilet, it has already flushed itself, which happens occasionally. When this occurs, gently flush your public facility’s toilet to remove the stool. Move the closed area to the break and the cup is out. The cup can be removed easily, but be sure to stay from the switch area. Slightly open the bottle, then close the cup, Empty contents into the toilet. There is a rare chance that failure to break the seal prior to removal can result in contamination to the public facility including problems.

**6. WEAR**

**Before Use**: Sanitize your FITCup or Sanitizing Caps with any kind of soap containing colors or fragrances, as this can cause irritation. You may choose to use the cup with clean water and soap immediately before use. Use a wet cup is easy to insert, face a comfortable position (sitting or sitting).

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**7. DISPOSAL & CLEAN**

**Option 3**: Fill the cup and then fill in half to form a 3 shape.

**Option 2**: Pour your fingers on the rim, and press it down to form a cone shape.

**8. INSERT**

**1. INSERT**

**5. SANITIZE & CLEAN**

**6. WEAR**

**Before Use**: Sanitize your FITCup or Sanitizing Caps with any kind of soap containing colors or fragrances, as this can cause irritation. You may choose to use the cup with clean water and soap immediately before use. Use a wet cup is easy to insert, face a comfortable position (sitting or sitting).