

YOUR 5-MINUTE GUIDE TO

period cups



SO YOU WANT TO TRY A MENSTRUAL CUP...

But you want to make sure it's the right fit for you.

Periods happen to all of us. We all have days where we get cramps, have MASSIVE mood swings, and need a little chocolate and a lot of hugs and grace... am I right?

Periods are something we can't really control... but we CAN control how we deal with it! That is what this guide is all about, girls. There are ways you can ease PMS symptoms, control your blood flow, and live a "normal" week, even on your period.

We are going to pack all of that information into a 5 Minute Guide, because when we're on our period... we need help and we need it fast!

Here are some of your top period and menstrual cup related questions, answered! If you want to get your hands on a complete period and menstrual cup guide (with cute illustrations) you can find our full ebook on Amazon!

Click [HERE](#) to snag your copy of Life Changing Period: a simple guide to anything + everything menstrual cup related.



LET'S GET THOSE QUESTIONS ANSWERED!

Are menstrual cups messy?

You would not believe how many people hesitate to use a menstrual cup because they are worried about... you guessed it... the mess! Let's just start by saying this: it's okay if the sight of blood makes you a little queasy. That is a completely normal feeling! The simple fact is, menstrual cups are no more messy than a tampon! Once you get the hang of your cup - it might take a couple of periods to feel confident - you'll realize how true this is. You'll be saying goodbye to trash cans full of used tampons because a quick emptying of your cup is all you need to stay clean. Plus... it's leak free so your vaginal canal stays clean too!

Is a period cup sanitary?

This is such a good question, and we are glad you asked! It is so important to keep your cup clean and sanitized, but the good news is, this is completely in your control... and it's not a tough



process! We recommend that you give your cup a rinse with natural soap and warm water when you empty it, and boil or steam your cup to sanitize it before and after each period.

Aren't menstrual cups expensive?

Nope! Our Pixie Cups are between \$15-20 each and are made to last for 10 years! You'll be saving about \$150+ dollars each year by transitioning to a period cup!

Is my period "normal?"

The first thing you need to know is this: no two periods are exactly the same. You and your body are perfectly unique and what works for one person will probably be a little different for you! The "average" person has a 28 day cycle, experiences a variety of PMS symptoms including sensitive emotions, acne, bloating, and cramps, and has a period flow of about 2 tablespoons. That being said, if your period looks a little different than that description, that is normal, too! It's actually normal to be different, as ironic as that sounds.

If you have more than 2 very heavy flow days during your period, you consistently miss your period, or experience uncontrollable mood swings that put you in danger, then you should definitely check with your doctor.

I'M NOT SURE A MENSTRUAL CUP IS RIGHT FOR ME BECAUSE...

I'm a virgin.

So many girls in the Pixie Cup Squad are virgins and have absolutely no problem using a Pixie Cup. We recommend that you start with a smaller, more flexible silicone cup at first because it is a little gentler. You also might want to grab some Pixie Cup Lube to make your cup insertion really simple and comfortable as you're getting the hang of it.

I haven't had a baby.

Even if you've never had a baby, your vaginal canal was created to be flexible! You shouldn't have any issues inserting your menstrual cup, although we do recommend that you start out with a smaller cup and use a fold with a smaller insertion point, as outlined in the Pixie Cup instructions, or on the FAQ section of our website.

My cervix is tilted.

Women who have a tilted cervix sometimes have a longer learning curve with a menstrual cup, but they are

able to master it in the end! If you have a tilted cervix, just make sure your cup seal is very secure when you insert the cup, because the menstrual fluid can tend to run down the side of your vaginal canal.

I've had so many babies.

Don't worry, even if you've had a lot of babies, your vaginal canal was made to be flexible and yet return to its normal size after birth! If you've had lots of babies, you will probably be able to take your pick among the menstrual cups because your vaginal canal is likely more flexible and therefore able to handle a larger cup size if needed.

I have an IUD.

You definitely can use your menstrual cup with an IUD, as long as you are very careful. Just a few tips: after you insert your cup, gently run your finger around the rim to make sure you don't feel any IUD strings. They should be above or in the cup. When you remove the cup, make sure you pinch the base of the cup to break the suction so you don't accidentally displace the IUD. It would also be a good idea to check the strings of the IUD regularly to make sure nothing has changed.

One more thing: If you have a low cervix, you may *not* want to use a menstrual cup in combination with an IUD, because the suction of the cup so near your cervix could potentially cause the device to shift.

WAIT... I HAVE MORE QUESTIONS!

We hope this guide helped to answer your biggest period questions. If you still have more questions about your period and menstrual cups, don't worry... we got you! We wrote an entire ebook all about periods and menstrual cups! If you've ever wondered how to deal with your cup in a public restroom, what are the best methods to clean your cup, or want to learn a few new folds, this is the book for you. You can grab a copy on Amazon at this [link](#), and don't forget to leave us a review so we know what you think!

You also can check out a lot more goodies and resources on our blog. If you still have an unanswered question... send us a message! We'll be sure to answer it as soon as possible.



PLEASE NOTE: This guide is not intended as a substitute for the medical advice of your doctor. You should regularly consult a physician in matters relating to your health and particularly with respect to anything related to menstruation. If you have any concerns about using a Pixie Cup, consult your doctor before use. If you have any gynecological conditions, please talk to your physician before using any menstrual cup.

