

how to

MEASURE YOUR CERVIX

STEP 01 WASH YOUR HANDS

Start with clean hands and trim nails and get into position.

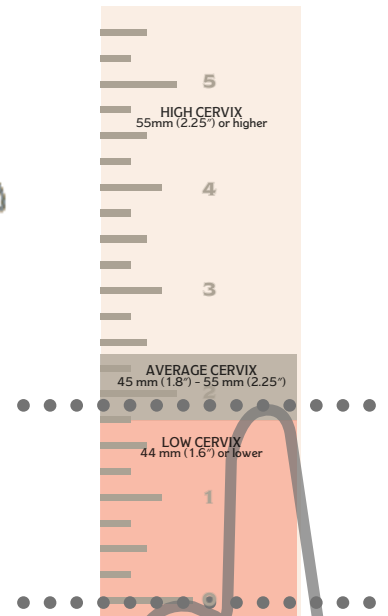
STEP
01



STEP
02

INSERT YOUR FINGER

You may find it easiest to squat, or stand with one foot on the edge of the bathtub. Insert your finger into the vagina and feel for the cervix.

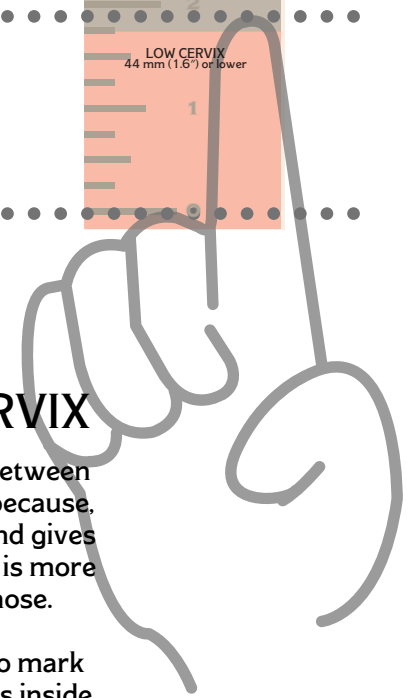


STEP
03

FIND YOUR CERVIX

You can tell the difference between your vagina and the cervix because, while vaginal tissue is soft and gives way to pressure, your cervix is more firm, like the tip of your nose.

PRO TIP: Use your thumb to mark how much of your finger was inside.



STEP
04

MEASURE

Align the printed ruler base with how far your finger was inserted, and measure to the tip of your index finger.

Note: Your cervix changes position and texture throughout your cycle. Around ovulation, or the middle of your cycle, the cervix becomes higher, softer, and harder to reach. During menstruation, the cervix is lower and firmer. Because this is when you'll be wearing your menstrual cup, it's best to check your cervix on or right before the first day of your period. (Measure your cervix in the shower to avoid any mess!)

