

CLEAN

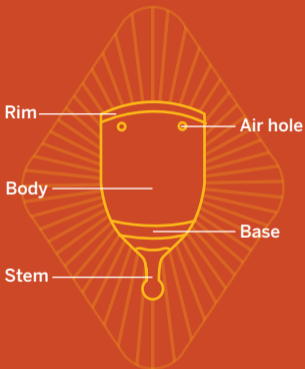
01

Before you use your cup for the first time, you will want to make sure it is nice and clean!

Sterilize your cup (this is a must!).
You can use our handy Pixie Cup Steamer--or just boil it in a pan.

If you choose to boil your cup, just make sure it doesn't touch the bottom of the pan. Also, you won't want to re-insert your cup until it has time to cool.

YOUR CUP



Always make sure the small air holes at the rim of your cup are clear and open before folding and inserting your Pixie Cup.

FOLD

02

As your Pixie Cup becomes an old friend, you will find your perfect way to fold, but here are some starter folds.

Grip the rim of the cup with your thumbs and index fingers and fold the cup in half to resemble the figure for the C fold.

OR

Place your index finger on the top of the rim and press inwards to the base of the cup, forming a triangle.

C FOLD



01



02



03



PUNCH DOWN FOLD



01



02



03

INSERT

03

Are you ready?
It's go time!

Relax your muscles, and with one hand, gently guide the folded Pixie Cup rim-first into your vagina, while separating your labia with your other hand. Some Pixie Cup girls like to squat; others like to sit or stand. It's up to you!





**Once your cup is in
a comfortable spot,**

slide your finger up around the base of the cup (not the stem) to ensure that it has opened properly. If you feel any folds along the cup, gently tug the base of the cup and rotate it to create a sealing suction.

Don't worry if the cup is a little awkward to insert at first. You will figure out your system with time!

Tip: Use water-based lubricant (like our *Pixie Lube*) if you are having trouble inserting your cup or getting it to seal.

STEM DESIGN



You will love our stem design. It makes removing your cup an easy process! If you can feel the stem outside your vaginal opening, your cup naturally sits a little lower and you can feel free to trim the stem slightly--**after** it is removed.

WEAR

04

Unlike Tampons, Pixie Cups can safely be worn up to 12 hours.

We recommend that you empty your cup 2-4 times per day, especially on your heavier flow days. Feel free to wear your cup overnight. (Goodbye for good, maxi-pads!)

The cup may remain where you placed it at the base of your vagina, or it may ride up higher. Both positions are completely normal.

CERVIX POSITION



H-C-H



L-O-L

REMOVE

05

Once you've finished washing your hands (seriously, wash them!), grab the base of the cup. If your cup is a little high, gently tug the stem until the cup lowers.

Once you grab the base of the cup, pinch it to release the seal so the cup can slide out.

Wiggle your Pixie Cup back and forth while guiding it out of the vagina. As you remove the cup, be careful to keep the cup upright so the contents don't spill!

When your Pixie Cup is removed, you can empty the contents into the toilet. Then wash your cup--or clean it using a Pixie Wipe (perfect for public restrooms)!

ESTD 1961
PIXIE
CUP

HELLO



Not sure how to use your Pixie Cup?

We've got you covered! Just follow our simple instructions to embark on your journey as a Pixie Cup user.

If you are using a Pixie Cup for the first time, don't worry if it's a little awkward at first. Riding a bike is always a little uncomfortable until you get the hang of it, and so is using a menstrual cup. You'll be a pro before you can say, "no more tampons!"

Just follow steps 1-5, then stow this little manual away for future reference.

The Pixie Cup is special. We spared no thought in bringing you a comfortable and environmentally-friendly cup that will help you ditch those tampons and pads and live in period freedom!

When you bought this cup, you allowed us to give one cup away to a woman in need. No strings attached (get it?).

Pixie Cup is a family-owned company based in the rolling hills of southwest Missouri.

We take great pride in our company and know you will love your cup!

If you are not completely satisfied with your purchase for any reason, we offer a **100% happiness guarantee**. Just contact us, and we will take care of you.

– The Pixie Cup Family

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SIZE

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Light to
normal flow
25 ml


Normal to
heavy flow
30 ml



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Extra
heavy flow
35 ml

CLEAN



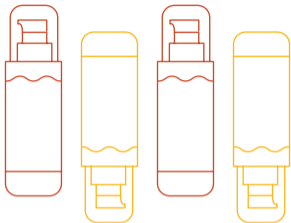
We want you to be able to enjoy the use of your Pixie Cup for many years, so we recommend that you clean your cup thoroughly to prolong its life.



There are many different cleaning methods to choose from, including steaming it, boiling it, washing it with soap, or cleaning it with wipes.



We take cleaning seriously, so we designed several products for you to choose from that will simplify your sanitizing process.



You received several flushable Pixie Cup Wipes with your cup. These wipes are perfect to clean your cup in a public restroom or for in-between uses.

Visit www.pixiecup.com to view other cleaning options, including:

- Pixie Wash
- Pixie Sterilizer
- Pixie CupCup
- Pixie Wipes.



ONE MORE THING

We want you to know that this Pixie Cup is safe for you. You can wear it at any time during your cycle, or even right before your period hits. Take care of your cup, and it could still be bringing you period freedom 10 years from now!





Welcome to the Pixie Cup family! We want you to know that as family, we've got your back--and we mean it.

If for any reason this product doesn't end up working out for you, just contact us for a full refund, even if it's months later.

Don't worry – we've got you covered! We've put together our favorite free resources to help you learn how to love your Pixie Cup. It's time to live free!

Scan the code above to be taken to our new users' resources page, which includes our 'Cups for Newbies' e-book, an instruction guide and more!

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You do not need to remove your cup when urinating.



It is easiest to remove your cup while sitting or squatting.



The Pixie Cup is designed for menstrual flow use only. Do not use the cup for postnatal bleeding.



If you notice any wear or signs of damage, it is time to replace your cup.



Talk to your gynecologist about using your Pixie Cup with an IUD.



Menstrual cups have little to no risk association with TSS (toxic shock syndrome).



Your menstrual cup is not a contraceptive, and it does not prevent STDs.



If you experience any leaking, make sure your cup is adjusted correctly and sealing after it is inserted.



If you continue to have leaks, you may be using the wrong cup size, or you may need to empty your cup more often.



Do not store your cup in an air-tight container.

Don't panic if you are having difficulty removing your cup. Do not grab the base of your cup and attempt to pull it out without breaking the seal. If you cannot reach your cup, use your pelvic muscles to gently push the cup down until you can reach the stem and the base of the cup.



Remove your menstrual cup prior to intercourse.



We know, Pixie Cups are hard to figure out sometimes.

Basically, we're your new best friend when it comes to discussing all things period.

Give Google a break and just ask us.

INFO@PIXIECUP.COM

417 243 0677

WWW.PIXIECUP.COM

P.O. BOX 1151

HOLLISTER,

MO 65672

A HUGE FAVOUR

Your words matter
so much to us.

Please leave us a review on
Amazon to let us (and the world)
know how much you love your
Pixie Cup!

Just think about it...reviews factor
into our decision-making process,
big time! We read every single
review we get, and your words
matter so much to us!

THANK YOU

From the bottom of our hearts,
thank you for supporting our
small business and helping us
help others.