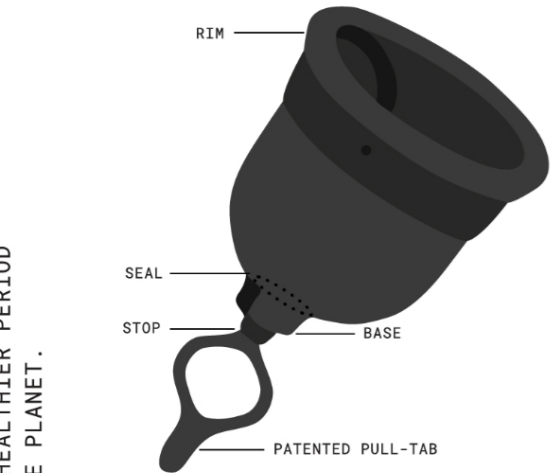


INSTRUCTIONS FOR USING FLEX CUP™

HOW TO INSERT

STEP 01 /

First, unthread the patented pull-tab. Wash hands and Flex Cup* using warm water and a mild soap or cleanser. Rethread the pull-tab into the clean cup.



COMMIT TO A HEALTHIER PERIOD FOR YOU & THE PLANET.

*Flex Cup is body-safe, hypoallergenic, and made without natural rubber latex, BPA, or phthalates. Be sure to inspect your cup for tears or damage before each use. Do not use a damaged cup.

STEP 02 /

Choose a folding method:

OUR FAV



Fig. 01 The Punchdown (AKA Tulip) Fold: Place a finger on the top rim of the cup and press it down into the center of the inside base to form a triangle.

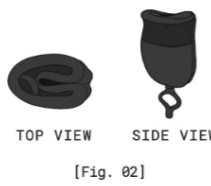


Fig. 02 The C (AKA U) Fold: Press the sides of the cup together and then fold it in half again forming a tight "C" shape.

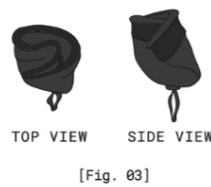
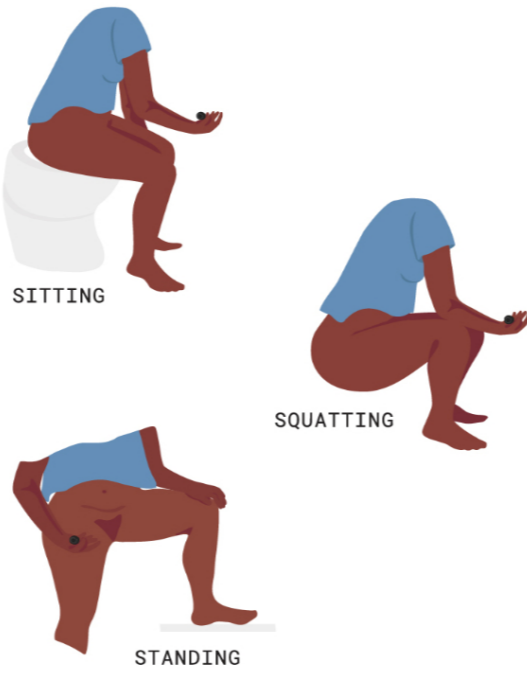


Fig. 03 The 7 Fold: Fold your cup in half so that the lips touch. Then pull down the right side, forming a "7" shape with the lips of the cup.

STEP 03 /

Choose a position: Sit on the toilet, squat, or put one leg up. Relax your pelvic floor and gently separate your labia with your free hand.



STEP 04 /

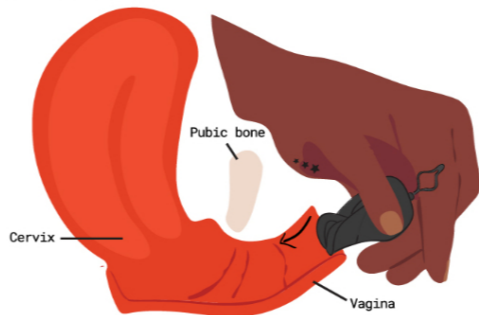
Insert the cup into your vaginal canal, sliding it up and back toward your tailbone. Stop once the cup is in the lowest position you are comfortable with, about a knuckle deep.

Flex Tip: Pressing on the folded part of the punchdown fold will pop your cup open during insertion. This will help the cup naturally move into its ideal position.

STEP 05 /

Make sure the cup has opened completely. To do this, insert a clean finger into the vagina and gently press on one side of the vaginal wall. This will create space for the cup to fully open. You can also ensure it has opened properly by spinning the cup from its base.

Flex Tip: For added comfort, ensure the pull-tab aligns with the labia.



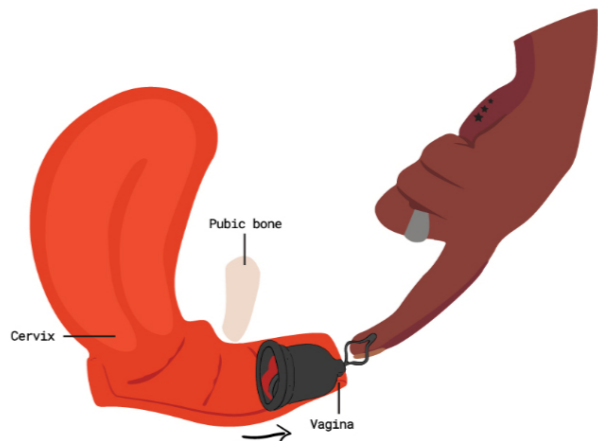
HOW TO REMOVE

STEP 01 /

Wash your hands. Use warm water and a mild soap. Sit on the toilet and relax your pelvic muscles.

STEP 02 /

Break the seal by inserting your index finger into your vagina until you can reach the pull-tab. To release the suction, hook your finger through the tab and pull quickly but gently until you meet resistance.



STEP 03 /

Gently and slowly pull the cup down until the base protrudes from the vaginal opening. Then, grasp the base of the cup and bear down to remove completely, keeping it upright to avoid spillage.

STEP 04 /

Empty the contents into the toilet and repeat steps 1-5 to clean and reinsert your Flex Cup.



Having trouble?
Please reach out to us anytime
and talk to a real human:
1 800 931 0882
hello@flexfits.com

LET'S SYNC UP /

1 800 931 0882
HELLO@FLEXFITS.COM
FLEXFITS.COM/LEARN
@FLEX #UTERATI



[SCAN FOR HOW-TO]

This User Guide is informational in nature and is not offered as medical advice, nor does it substitute for a consultation with your physician. If you have any gynecological/medical concerns or conditions, please consult your physician prior to using a menstrual cup.

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GPD-0009 Rev F PN 10050

TROUBLESHOOTING

INSERTION /

If you can't get your cup inserted at all, try running the cup under warm water prior to insertion.

PLACEMENT /

Oftentimes leaks can occur if the cup is sitting too high in the vagina (in the vaginal fornix). Try positioning the cup lower in your canal (about a knuckle deep) for a better seal.

PULL-TAB /

Make sure the pull-tab is parallel to your labia for comfort. If this is still bothersome, try tucking it up along the side of the cup during wear.

USAGE /

The size 1 cup holds 22 mL [2 super tampons] of fluid. The size 2 cup holds 30 mL [3 super tampons] of fluid. Both can be worn for up to 12 hours, including overnight. If you have a heavier flow, we recommend emptying out the cup twice per day and night for added leak protection.

REMOVAL /

If removal is messy, try emptying out your cup more frequently (especially on your heaviest day). If the pull-tab is not working, Flex Cup can be removed by pinching the base of the cup to release the suction.

HYGIENE /

We recommend cleaning your cup twice per day (or every 12 hours) during use. You may also want to do a deep clean periodically. To do that, unthread the pull-tab, rinse the cup, and boil for 10 minutes in an open pot with plenty of water. Do not leave the boiling pot unattended. Use tongs to ensure the cup does not touch the bottom of the pot. If you burn your cup while boiling, your cup should be replaced.

STORAGE /

Always store Flex Cup in a cool, dry place, in its included pouch. Never store your cup in an airtight container.

REPLACEMENTS /

The lifespan of the cup varies depending on cleaning and care. A general rule is to replace Flex Cup every 2 years.

FIT /

If your Flex Cup doesn't feel right, reach out to our Flexperts at hello@flexfits.com. We'll work with you to find the perfect fit. This could mean trying a new fold, position, or cup size.

IMPORTANT

WHAT YOU NEED TO KNOW ABOUT TOXIC SHOCK SYNDROME (TSS): To date, we have not had any reported cases of TSS. The bacterium Staphylococcus Aureus is believed to cause TSS. Although TSS can occur in anyone, it is a disease that mostly affects menstruator who use tampons. Population studies suggest that the risk of TSS is related to tampon absorbency; the higher the tampon absorbency, the higher the risk of contracting TSS. Likewise, the lower the absorbency, the lower the risk of TSS. Unlike tampons, Flex Cup is non-absorbent; it collects rather than absorbs menstrual fluid. While no studies have shown that Flex Cup promotes the growth of Staphylococcus Aureus, testing has not been extensive enough to date to quantify the risk of TSS, if any, while using Flex Cup. As a precaution, users must change Flex Cup after 12 hours maximum wear time. TSS is a rare but serious disease that may cause death. Warning signs include a sudden high fever, vomiting, diarrhea, a rash that looks like a sunburn, dizziness, fainting or near fainting, and muscle aches. TSS can progress rapidly from flu-like symptoms to a serious illness that can be fatal. If you have any of these signs and you are using Flex Cup, remove it and immediately contact your physician.

WARNINGS

Use pursuant to directions and during menstruation only. If you experience any adverse events such as but not limited to nausea, pain, and/or lightheadedness with Flex Cup, discontinue use immediately and consult with your physician. Do not use a Flex Cup if you have a yeast or bacterial infection. Resume use only once the infection has completely cleared. If Flex Cup was inserted during a yeast or bacterial infection, remove it immediately and dispose of it in the trash. Do not flush Flex Cup down the toilet. Keep Flex Cup away from children and animals. Immediately following childbirth, gynecological surgery, miscarriage or termination of pregnancy consult your physician before using a Flex Cup. **Maximum wear time is 12 hours. Flex Cup must be removed, emptied, and cleaned after 12 hours.** Remove your Flex Cup prior to intercourse. Flex Cup is not a contraceptive device and will not protect you against sexually transmitted infections (STIs). Do not use any foreign objects to assist with removal as this may cause damage to the cup or your vaginal canal. In the rare case you are unable to remove your Flex Cup after 12 hours, contact a physician. Consult your doctor if you are using an intrauterine device (IUD). While uncommon, there is a risk of dislodging, displacing, or removing the IUD by pulling on the IUD string when removing Flex Cup. If you have ever had Toxic Shock Syndrome (TSS), do not use Flex Cup or any other internally-worn product. If your cup arrives damaged or torn, please do not use and reach out to customer service at +1 800 931 0882 or hello@flexfits.com.

Understanding your body while mastering a new skill is no easy feat, but we promise it's worth it. Here are three tips to making Flex the last period product you'll ever try:

01

GET TO KNOW YOUR VAGINA /

It shouldn't be a mystery you know nothing about. Check out blog.flexfits.com for tips and tricks.

02

LEVEL-SET YOUR EXPECTATIONS /

It's normal to have trial and error while you get the hang of something completely new.

03

SYNC UP WITH US /

We want this to work as much as you do. Reach out and talk with a real human being. Call or text: 1 800 931 0882 hello@flexfits.com

