



luneale

USER'S GUIDE
La Cup Luneale



english

français

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svenska



a new period.

First of all, thank you for choosing Luneale as your next periodmate.

Luneale is a collection of French menstrual cups made from 100% medical platinum silicone (the best quality and safest), with a patented, innovative design for maximum comfort and ease of use.

We have designed the Luneale Cup with the help of a designer, midwives and an ergonomist, so that all women can be free of the restrictions caused by their period without impacting on their way of life, health and the environment.

The Luneale Cup is inserted into the vagina during your period and gently collects your flow without absorbing it.

It protects you for up to 8 hours straight with no leakage or odour and is reusable for up to 5 years if looked after correctly.

The Luneale Cup's exclusive shape, with its patented grip area called the Moonpad®, makes it much easier to use, both for first-timers and those used to using a cup.

In this leaflet you'll find the answers to all your questions. Read it carefully and take your time to learn how to use the Luneale Cup with the folding method that's most convenient for you, because the time required to get the hang of it varies from one woman to another.

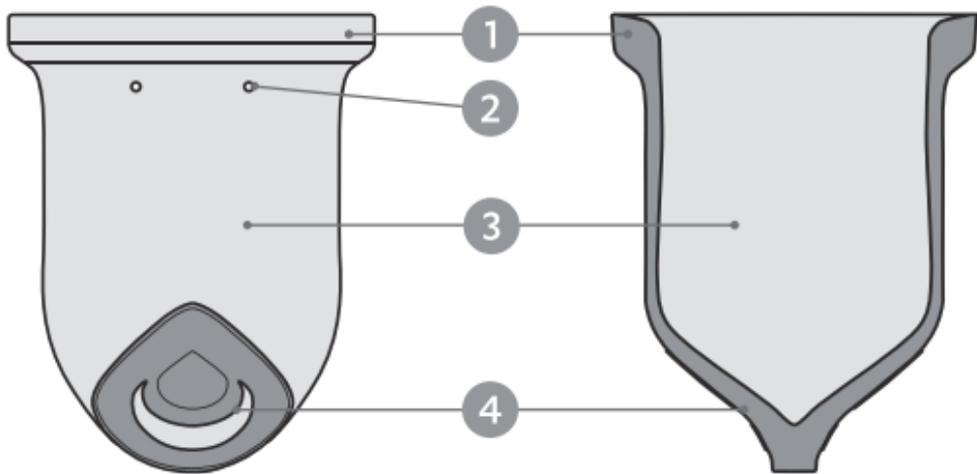
But once you have, we're sure you'll never stop using it!

Thank you again for choosing Luneale and welcome in a new period.

The Luneale Team



diagram of Luneale



1 Top ring

Luneale's droplet-like shape makes it watertight and ensures that it stays in place.

The flat outer side allows an extended area of contact with your body for maximum security, whilst the sloped inner side directs the flow naturally into the cup.

2 Air holes

These let air in when you remove it to eliminate the suction effect.

3 Cup

This is where the flow is collected. Depending on the model, it can contain 20ml, 25ml or 30ml.

4 MoonPad®

Our exclusive, patented innovation makes it easy to grip the base of the Cup Luneale, twist it during insertion and pinch it for removal.

insertion

Wash your hands well with soapy water before inserting your Cup Luneale.



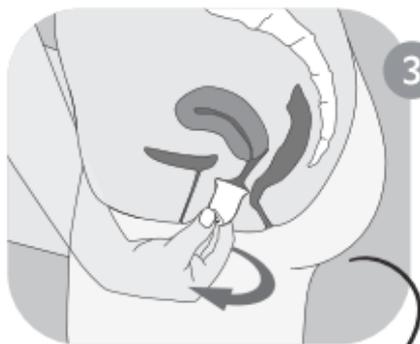
1 fold.

Fold Luneale using the method you find easiest (see the section on "folding")



2 insert.

Insert towards the back, keeping Luneale folded, position it at the end of your vagina and release. Luneale will gently unfold itself.



3 twist.

Grasp the Moonpad® between your thumb and index finger and twist Luneale to make sure it has opened completely.

important step!

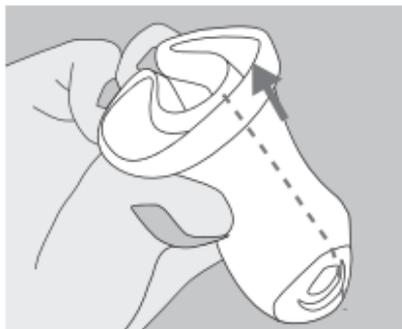
Note :

The base of the Moonpad® should be just beyond the entrance to your vagina. If you can still feel it, gently push it further in by pushing the base of the Moonpad® with one finger. Luneale will position itself naturally so you can't feel it at all.

The efficiency of Luneale depends on its complete deployment : the top ring should be completely opened.

The cup is softer, so that it can adapt to your anatomy and your movements.

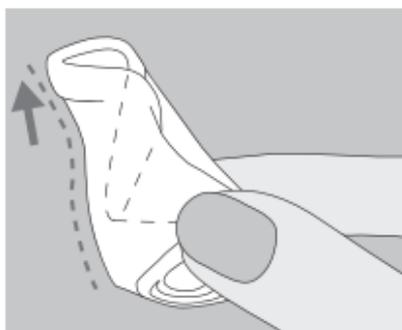
foldings



C-fold

Flatten Luneale and roll it so the two sides meet.

The middle part (*dotted line*) should be positioned at the back of your vagina when you insert it.



Punchdown fold

Insert one edge of the ring into the inside of the cup.

The large side (*dotted line*) should be positioned at the back of your vagina when you insert it.



Watch video tutorial on our website :
www.lacupluneale.com

removal

1 push.

Push with your pelvic muscles to make Luneale come down slightly.

2 pinch.

Grasp the Moonpad® between your thumb and index finger and pinch it to let air in and eliminate the suction effect.

3 remove.

Gently pull Luneale out by holding the Moonpad®, moving it slightly from front to back if necessary.

4 empty.

You can empty Luneale into the toilet, in your shower or into the sink.

maintenance



Before first use and between periods : **Desinfecting the Luneale Cup**

Method 1: Immerse Luneale in a pan containing boiling water for 5 minutes.

Method 2: Pour water in a glass jar, immerse Luneale and boil it in a microwaves oven, 600W for 5 minutes.

If you want to use it straight after boiling, run it under cold water. Medical platinum silicone has high thermal inertia so it will quickly return to an acceptable temperature. Otherwise, store it in its pouch until you next use it.

Method 3: Use a sterilising tablet in cold water following the manufacturer's instructions.

Luneale may change colour slightly over time. This does not affect its effectiveness.

However, if you notice that the silicone has deteriorated, don't use it.



During your period : **Rinsing the Luneale Cup**

You can simply rinse Luneale under cold, drinking water, without using soap or any other cleaning product that could leave residue or deteriorate the silicone.

If you don't have access to drinking water, we would recommend either carrying a bottle of water with you (the most practical are those with a sports cap) or carefully drying Luneale with paper and rinsing it later, once you have access to water.

In public places, disabled toilets are better as there is always a sink.



If Luneale's air holes should become blocked, fill it to the brim with water, place the palm of your hand over the ring, covering it completely, and squeeze the body; the water will come out through the holes and unblock them.

important informations

to read before use

Adaptation phase

If you've never used a cup before, bear in mind that it usually takes a while to get used to it and familiarise yourself with the various steps. Try Luneale preferably towards the end of your period and use a sanitary towel as back up until you've got the hang of it.

Some women get the hang of it straight away, others take a few months. But don't be discouraged, this is normal and it will all be worthwhile.

Warnings

- Luneale is not a method of contraception and does not protect against Sexually Transmitted Infections (STIs).
- You can leave Luneale in when you go to the toilets.
- Given that Luneale is positioned inside your vagina, you shouldn't have sexual intercourse while using it.

- If you use an IUD, cut the threads short and make sure you pinch the Moonpad® correctly when you remove the cup to avoid moving it. In case of doubt with regards to the correct positioning of your IUD, use an alternative method of contraception and see your gynaecologist or midwife.
- After any surgery through the vagina (hysterectomy, etc.), check with your gynaecologist before using Luneale.
- In the event of vaginal infection (or suspicion thereof) requiring treatment with an ovule or intravaginal cream, avoid using Luneale or any other internal protection; there is a risk of discomfort or a burning sensation.
- The use of Luneale for postpartum bleeding or after a miscarriage or abortion is strongly inadvisable. If you have had an episiotomy, wait until the scar is healed and the perineum is back to normal. In any case, wait until your vagina and cervix have fully recovered.
- If you suffer from any other problem in that area, ask your gynaecologist before using Luneale.
- Luneale can be worn before a period starts.
- Never wash Luneale in the dishwasher.



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