

HOW TO MEASURE YOUR CERVIX

The closer your cervix is to the entrance of your vagina, the shorter your vaginal canal is, which affects the type of cup you should use. Take into consideration that the cervix height changes depending on the time of the month, even during the period - it can get lower or higher.

You'll be using a finger to feel for your cervix. But first, measure your finger! We all have different hand sizes and finger lengths, so this can very quickly change the results. Use the ruler to measure the length of the finger you'll be using from tip to first knuckle, then the second knuckle, and then from the tip to the base. When you feel around your vaginal walls, you can then use the knuckles as the measuring point.

Now, wash your hands! The first thing you'll feel is the vaginal walls. They feel soft a bit like the inside of your cheeks, though they may have soft ridges. The cervix will feel different - likely smooth but with firmness, like the tip of your nose. If you feel anything other than soft vaginal walls, there is a good chance this is your cervix, even if it doesn't seem to be where you expected it.

A High Cervix **55mm (2.25") or higher**

If you can barely reach (or are unable to reach) your cervix, you likely have what is deemed a "high cervix."

An Average Cervix **45 mm (1.8") – 55 mm (2.25")**

If you inserted a finger and found your cervix between your middle and highest knuckle deep (again, not a precise measurement but a helpful reference) or you measured it to be somewhere in the range of 45-55mm then you have an average cervix.

A Low Cervix **44 mm (1.6") or lower**

If your cervix was easily reachable near the vaginal opening, you have a low cervix.