

# INTIMINA™

## Ziggy Cup™

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USER MANUAL



## Ziggy Cup™

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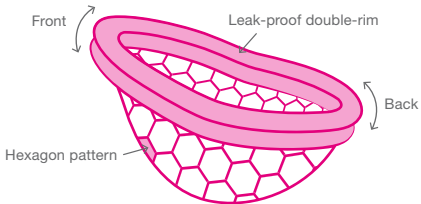
Thank you for choosing the Ziggy Cup™. Please take a moment to read this user manual prior to using your cup or for a full overview of this product, visit [www.intimina.com](http://www.intimina.com)



Ziggy Cup™ is a reusable, flat-fit menstrual cup made of petal-thin, smooth medical-grade silicone that offers you the ultimate comfort during your period.

Ziggy Cup is a reusable receptacle that is inserted into the vagina to collect menstrual fluid. The information and advice contained in this manual is not meant to be offered as medical advice. If you have any gynecological or medical concerns, we advise you to consult your medical practitioner prior to using Ziggy Cup™.

## Flat-Fit design



Ultra-smooth, medical-grade silicone

## Getting started

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Learning to use your Ziggy Cup™ will take some practice at first, but with repeated use, it will become easier and more comfortable. It is important to thoroughly clean your Ziggy Cup™ before and after each use (for details see section 'Cleaning and care' on p8).



Thoroughly wash your hands with soap and water before using your Ziggy Cup™ .

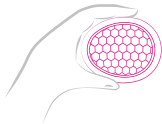


Before first use, fully submerge your Ziggy Cup™ in boiling water for 5 to 8 minutes.

As Ziggy Cup™ fits perfectly below the cervix to collect flow, we recommend that you first find your cervix by inserting a clean finger into your vagina. Your cervix should feel similar to touching the tip of your nose.

## How to fold

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1. Locate the back rim of the cup, and hold this end closest to you.

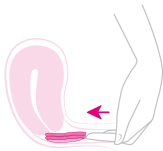


2. Use your thumb and forefinger to squeeze the sides of the rim together to form a figure 8.

## How to insert

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Sit or squat over the toilet and relax your vaginal muscles. You can also apply some water-based lubricant to the vaginal opening for added comfort.



Insert the back rim of the cup first and use your index finger to push the cup as far inside as is comfortable. Angle the cup back and slightly down so the rim moves behind your cervix.

Tuck the front rim up behind your pelvic bone to correctly position the cup around your cervix to collect your flow.



## Avoiding leaks

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It is important to make sure that the back rim of the cup is positioned behind your cervix and the front rim is properly tucked behind the pubic bone. Once the cup is placed properly, you will not be able to feel it at all.

To check if the cup is in place, slide one finger along the bottom of the cup to feel that your cervix is inside the cup. Then run your finger along the front rim to ensure that it is fully tucked up behind the pelvic bone and that there are no spaces between the rim and the vaginal walls.

As Ziggy Cup™ doesn't block the vaginal canal, it can be worn during intimacy, without being felt. Ziggy Cup™ is not a contraceptive and will not protect you from STDs or pregnancy.

## How to remove and empty

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You can wear Ziggy Cup™ for up to 8 hours. We recommend that you empty your cup 3-4 times per 24 hour period - or more frequently for heavier flows. Depending on your menstrual flow, you will become more familiar with how often you personally need to empty your cup.

To remove, wash your hands and sit in a slight squatting position, i.e. over the toilet.



Relax your body, insert your finger and hook it behind the front rim of the cup.



Gently pull the cup out while keeping it horizontal to avoid spillage.



Discard your menstrual fluid into the toilet, wash your cup thoroughly, and reinsert. If it is not possible to clean your cup, you may reinsert it without washing as long as your hands are clean.

### **What should you do if you have difficulty removing your Ziggy Cup™ ?**

Remain calm if you cannot remove your cup—it is common to have a little initial difficulty with removal. In a slight squatting position, relax your body as it will help to ease the process and remove the cup more easily.

If you have any further concerns, contact your medical practitioner.

## Cleaning and care

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Cleaning and storing your Ziggy Cup™ properly will ensure that it lasts longer. Replace your cup if you notice any cuts, punctures, or a sticky/oily film forming on the silicone. Slight discoloration is normal and may occur over time. This will not affect the function or safety of the Ziggy Cup™.

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|-------------|--|
| First Use   | Fully submerge your Ziggy Cup™ in boiling water for 5 to 8 minutes. Do not boil dry.   |
| Regular Use | Wash your Ziggy Cup™ before and after each use with either mild soap and hot water or a purpose made cleaner. Rinse thoroughly to remove any soap or cleaner residue as this may later cause irritation. For a more thorough cleaning, boil your cup as frequently as you like. If you have no access to water (in a public bathroom) just empty, wipe your cup out with tissue and reinsert. You can wash it at the next convenient time. |

## Storage

We recommend storing your Ziggy Cup™ in the provided ultra-hygienic storage case.

**Caution:** Please do not use harsh cleaners, petroleum based substances, tea tree oil, alcohol, or bleach to clean your Ziggy Cup™.

## Toxic Shock Syndrome

TSS is a rare but serious disease that may be fatal and has been linked to high absorbency and prolonged use of tampons. Symptoms can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, and a rash like sunburn. If you have any of these signs while using Ziggy Cup™, remove it and contact your doctor immediately. Women who have experienced toxic shock syndrome should not use any form of internal protection, including menstrual cups. Ziggy Cup™ is intended for use during menstruation only. Make sure to clean your hands and your cup thoroughly before and after each use, with warm water and soap.

## Warnings and recommendations

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- Ziggy Cup™ is not a contraceptive and will not prevent against pregnancy and/or Sexually Transmitted Diseases.
- Discontinue use and contact a medical practitioner if you experience any pain or discomfort while using Ziggy Cup™.
- Do not use Ziggy Cup™ if you have had TSS in the past.
- It's recommended that the insertion time does not exceed 8 hours.
- Ziggy Cup™ does not need to be removed for urination or bowel movement.
- Ziggy Cup™ should only be used during menstruation.
- Keep out of reach of children and animals.
- Do not expose your Ziggy Cup™ to open flames.

If you have any further questions or concerns, or wish to find out more information about Intimina products, please visit [www.intimina.com](http://www.intimina.com) or email [customercare@intimina.com](mailto:customercare@intimina.com)

**Disclaimer:** Users of Ziggy Cup™ do so at their own risk. Neither Intimina nor its retailers assume any responsibility or liability for the use of Ziggy Cup™.

**Model may be changed for improvements without notice.**

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Country of origin: China

[www.intimina.com](http://www.intimina.com)