



Fabriqué en France

EN - WE RECOMMEND THAT YOU READ THESE INSTRUCTIONS BEFORE USE

WHY IS CLARICUP™ THE CUP FOR ME?

Claricup™ is a menstrual cup made of biocompatible and anti-microbial medical grade silicone.

Claricup™ comes in its Claribox, which is used to carry, clean and disinfect Claricup™.

Claricup™ does not alter vaginal secretions, so you can safely wear it as a precaution against spotting before your period begins, and throughout your period, whether your flow is light or heavy.

Warning: Claricup™ should only be worn during menstruation.

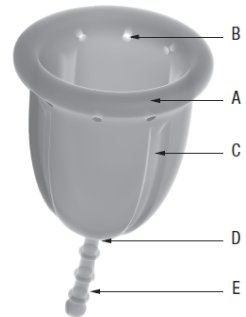
Claricup™ can be reused, day and night, during travel and physical activities.

Claricup™ is your cup. It's a personal, intimate care product that you can store in the Claribox when you are not on your period.



DESCRIPTION OF CLARICUP™

- A) Rim
- B) Perforations to break the suction effect during removal
- C) External ridges
- D) Reinforced base
- E) Stem



WHAT SIZE SHOULD I CHOOSE?

(for information purposes only)

- **Size 1 - Light to normal flow:**
L: 74 mm ; Ø: 41 mm ; Capacity: 20.2 ml
- **Size 2 - Heavy flow:**
L: 74 mm ; Ø: 46 mm ; Capacity: 29.5 ml
- **Size 3 - Very heavy flow:**
L: 74 mm ; Ø: 51 mm ; Capacity: 36 ml

WHAT ARE THE PRECAUTIONS FOR USE?

Wash your hands thoroughly before use.

- Check the integrity of the Claricup™ before each use.
- Clean your Claricup™ with hot water and Clarigyne™ intimate wash or a gentle soap and rinse thoroughly with water.
- Decontaminate your Claricup™:
 - Option 1: place your Claricup™ stem down in the Claribox, cover with water **FIGURE 1**. Leave the lid open and heat the Claribox in a 750 Watt microwave oven for 5 minutes.
 - Option 2: plunge your Claricup™ into a pot of boiling water for 7 minutes.

Your Claricup™ is now decontaminated.

Wait for your Claricup™ to cool before use to avoid the risk of burns or damaging the silicone.

HOW DO I INSERT MY CLARICUP™?

Wash your hands before handling your Claricup™.

- Fold your Claricup™ into a **punch down fold** or a **U shape** as shown in **FIGURES 2.1 and 2.2** and hold it firmly between your thumb and index finger as close to the base as possible while keeping it folded.
- With your other hand, gently separate your labia and insert your Claricup™ approximately one centimetre from the vaginal entrance.
- Release your grasp and your Claricup™ will automatically position itself at the base of the vagina **FIGURE 3**, unlike tampons which are positioned at the top of the vagina.

HOW DO I REMOVE MY CLARICUP™?

Wash your hands before handling your Claricup™.

- Your Claricup™ must be emptied every 4 hours, or every 2 to 3 hours for heavier flow.
- Sit down comfortably on the toilet to remove your Claricup™ (your Claricup™ is held in place by your vaginal muscles. If you are tense, it will be harder to remove the Claricup™).
- Remove your Claricup™ by gently pulling down on the stem or the base of the cup **FIGURE 4**.

- **To break the vacuum seal:** pinch the base of your Claricup™ and insert your finger along the side; you may hear a sound when your Claricup™ detaches from the vaginal wall **FIGURES 5.1 and 5.2**.
- Empty the contents into the toilet.
- Rinse your Claricup™ before reinsertion or use an alternate Claricup™ and place the used cup in the Claribox (in some restrooms you may not be able to discreetly clean your Claricup™).

WHAT TO DO IF YOU EXPERIENCE DISCOMFORT OR LEAKS?

- If you experience any discomfort while walking or while seated, or feel a pinching sensation in your vagina, you should trim your Claricup™ stem to the correct length for your vagina. Take time to ensure a proper fit. Trim the stem incrementally with clean scissors and reinsert your Claricup™ to ensure that the stem fits comfortably inside your vagina **FIGURES 6.1, 6.2 and 6.3**.
- In case of leaking, reposition your Claricup™ one centimetre from the vaginal entrance. Check the length of the stem.
- Check the vacuum seal on your Claricup™ inside your vagina in two simple steps **FIGURES 7.1, 7.2 and 7.3**:
 - 1- slide one finger around your Claricup™ to ensure that it opened properly inside your vagina,
 - 2- pinch the base of your Claricup™ to rotate it inside your vagina.

HOW DO I CLEAN AND CARE FOR MY CLARICUP™?

It is important to always keep your Claricup™ clean.

- Clean your Claricup™ before each insertion and at the end of menstruation with Clarigyne™ intimate wash or a gentle soap. **Never use petroleum products (Vaseline), essential oils, corrosive cleaners, perfumed soaps or dish soap to clean your Claricup™.**
- Rinse your Claricup™ thoroughly with clean water.
- During your menstrual cycle, decontaminate your Claricup™, in one of two ways:
 - Option 1: place your Claricup™ stem down in the Claribox. Cover with water. Leave the lid open and heat the Claribox in a 750 Watt microwave oven for 5 minutes **FIGURE 1**.
 - Option 2: plunge your Claricup™ into a pot of boiling water for 7 minutes.
- At the end of your menstrual cycle, clean and then dry your Claricup™ in open air to prevent odours. Store your Claricup™ in its Claribox until your next period.

If you notice any damage or change in the appearance or texture of your Claricup™, you should replace it. Under the recommended conditions for use and maintenance, your Claricup™ can be used for 5 years.

WARNINGS/CONTRAINDICATIONS

- Claricup™ is only to be worn during the menstruation cycle.
- Claricup™ is not a contraceptive.
- If you use an IUD or contraceptive ring, ask your doctor prior to using Claricup™ and break the vacuum seal.
- Claricup™ does not protect against sexually transmitted diseases (STDs).
- Remove Claricup™ prior to sexual intercourse.
- Do not use Claricup™ if you are allergic to any of its components.
- After childbirth, surgery, miscarriage or abortion, give your vagina time to heal before using Claricup™.
- Do not use Claricup™ if you have a vaginal infection, or are receiving treatment with a vaginal suppository or other intra-vaginal cream.
- If you experience itching or burning, urinary discomfort or pain, stop using the product immediately and contact your doctor.
- Claricup™ is intended for personal use only.
- Remove Claricup™ before any medical exam.
- Keep Claricup™ out of the reach of children.

COMPOSITION

Platinum bio-compatible medical-grade silicone - Silver antimicrobial agent - Pharmaceutical dyes.

INFORMATION ABOUT TOXIC SHOCK SYNDROME (TSS)

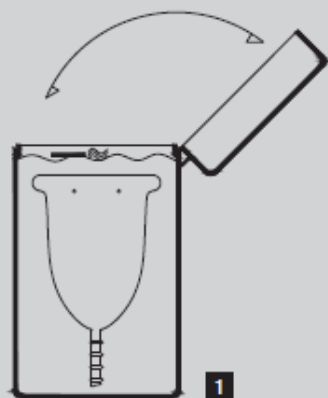
TSS is a rare, but potentially serious, or even fatal infection. It is caused by a toxin produced by bacteria (Staphylococcus) commonly found in the body. Symptoms of TSS may appear suddenly during your period or immediately after. Symptoms resemble those associated with the common flu and include: sudden high fever (>39°C), muscle aches, vomiting, diarrhoea, headache, dizziness, fainting, or skin rashes resembling sunburn.

If you experience any of these symptoms while using Claricup™ remove it and contact your doctor immediately.

If you have suffered from TSS, contact your doctor prior to using Claricup™.

ADDITIONAL INFORMATION

For more information, please contact us via email at: contact@claripharm.com. Please include the lot number printed on your Claricup™ packaging.



1



2.1



2.2



3



5.1



4



5.2



6.1



6.2



6.3



7.1



7.2



7.3