

# HOW TO USE YOUR BOONDH CUP

For usage-related support write to  
[user@boondh.co](mailto:user@boondh.co)

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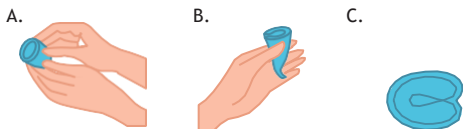
## WEARING THE BOONDH CUP

**Step 1:** Boil your Boondh cup in clean water for 5 minutes to ensure sterilization and safety before use.

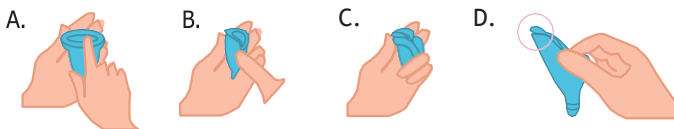
**Step 2:** Meanwhile, wash your hands well with soap and water. Only touch the sterilized cup with clean hands and do not keep on any other surface after sterilisation.

**Step 3:** Fold the cup using simple folds such as:

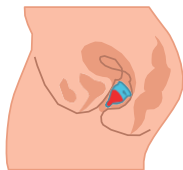
**C FOLD:** Hold your Boondh cup with both hands (Fig A) and fold any two opposite sides of the cup towards each other (Fig B). Fold your pressed Boondh cup in half such that it resembles a 'C' shape when viewed from above (Fig C).



**PUNCH DOWN FOLD:** Hold your Boondh cup in one hand (Fig A) and press down on one side of the rim into the bottom of the cup (Fig B). Once the cup is folded hold it firmly over the folded sided with the pointed end facing upwards (Fig D).



**Step 4:** Maintain a firm grip on the folded Boondh cup and wear it gently while maintaining the angle along your tail-bone. Once the entire rim is inside, you can release your grip on the Boondh cup slightly for it to start opening and slowly guide it further inside. When the cup is worn properly it should be fitted fully inside with no part of the cup appearing outside your vagina. You can check the position by slightly pulling or twisting the cup and bearing down slightly. (i.e exert pressure from your stomach like you would when emptying your bowels).



## REMOVING THE BOONDH CUP

On the first day of menstruation, most menstruators empty their cup three times i.e. once in the morning, afternoon and at night. On the days when menstrual flow is light, emptying the cup once in twelve hours (twice a day) should be sufficient. Leakage with a cup when used properly is rare and very minimal. Follow the steps below when you need to remove your cup:

**Step 1:** Wash your hands well with soap and water.

**Step 2:** Feel for the bottom knob of the Boondh cup with one finger and then hold the base of the cup firmly. (Fig. A)

**Step 3:** Start slowly pulling the Boondh cup down with side to side motions and continue to bear down to help it slip down. (Fig. B) More and more of the Boondh cup can be grasped through this step. Press the cup so that the sides touch each other and the seal around the rim is released. Now the folded cup can be eased out of the canal fully. (Fig C). Rinse your Boondh cup in clean water with mild soap & reuse.



The Boondh cup can be used by all menstruators (with no known silicone allergies) from puberty to menopause **except** during post-partum bleeding, Medical Termination of Pregnancy. For those using an IUD or living with any gynecological disorder/infection, consultation with a doctor is recommended before using the cup.