



HOW TO FEMMY

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**THANK YOU AND  
WELCOME TO THE  
FEMMYCYCLE®  
FAMILY!**

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**WHAT CAN YOU DO  
WHILE YOU FEMMY?**

RUN. SWIM. DANCE. EAT.  
EXERCISE. GET A MASSAGE.  
DO YOGA. WATCH A MOVIE.  
GO ON A DATE.  
WRESTLE AN ALLIGATOR.  
ROLLERSKATE. SKYDIVE.  
PLAY VOLLEYBALL. VOTE.  
GET THE POINT?

**BE LIMITLESS.**

*If this is your first time using FemmyCycle, you will need to sterilize your cup. Bring water to a boil and boil your cup for up to 3 minutes. Remove the cup with tongs, let it dry, and cool. Wash your hands before use, and you're ready to go!*

# Precautions:

- Please do not use FemmyCycle cup for longer than 12 hours\* without emptying and cleaning properly.
- FemmyCycle cup does not protect against pregnancy or sexually transmitted disease (STIs/STDs).
- FemmyCycle cup must be removed prior to sexual intercourse.
- FemmyCycle cup should not be used if you have experienced any degree of prolapse.
- If you feel any irritation, pain, or discomfort, immediately remove your FemmyCycle cup and consult your physician.

*\*8 hours for our friends in France and Australia*

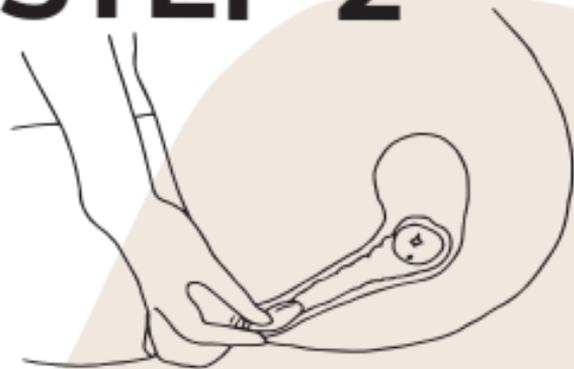
- FemmyCycle cup should not be used if you have ever had Toxic Shock Syndrome (TSS). Menstrual cups have been associated with TSS. TSS is a rare but serious disease that may cause death.
- Always read and keep the information contained with your cup.
- Use only as directed.
- Discontinue use of this product and consult your physician if you experience any adverse side effects.
- Please keep away from children and animals.

# STEP 1



Get Comfortable,  
then **FOLD** your Femmy  
as shown.

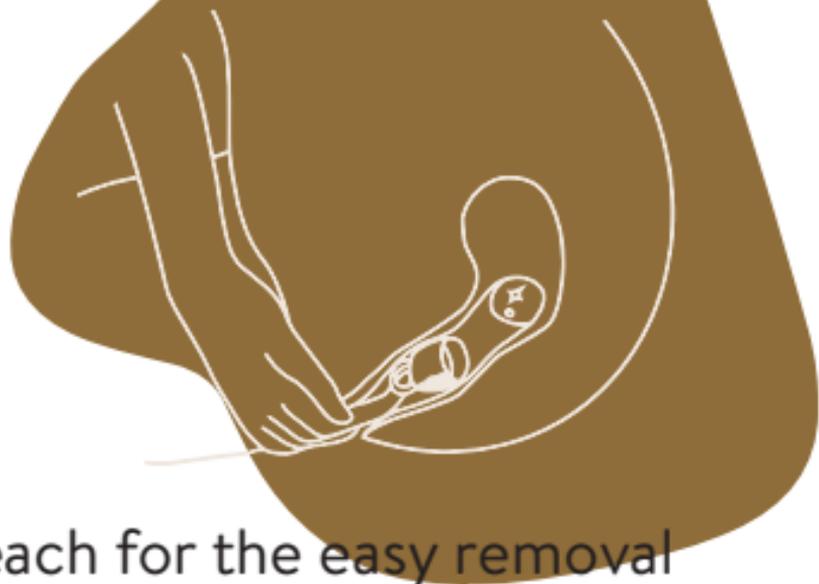
# STEP 2



Relax, and slowly **INSERT** your cup



# STEP 3



Reach for the easy removal ring, lightly break suction, and **REMOVE** your cup as shown.

# STEP 4



Empty and **CLEAN**  
your Femmy with our  
Femmycycle® Cleanser  
or any mild soap and water.

Curious to know more?  
Scan me.



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



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