

LADYCUP STERILISING CUP

Instructions for use



- 1) Place the menstrual cup in a cup and fill it 2/3 full with clean water. Do not fill the cup to the brim with water, it may overflow when boiling.
- 2) The menstrual cup can float but does not need to be completely submerged (the steam will disinfect the entire cup).
- 3) Put the cup in the microwave and adjust the power to make the water in the cup start to boil (the first time you will notice for the first time by not covering the cup). In most cases, this is the middle setting and a time of 3-5 minutes.
- 4) Do not close the lid completely to allow the steam from the boiling water to escape.

Take care when removing the cup afterwards, scalding could occur! You can let the cup cool in the microwave first.