

## 【Formoonsa Cup】 User Manual



*Formoonsa Cup is specifically designed for the Asian woman.*

Thank you for choosing *Formoonsa Cup*!

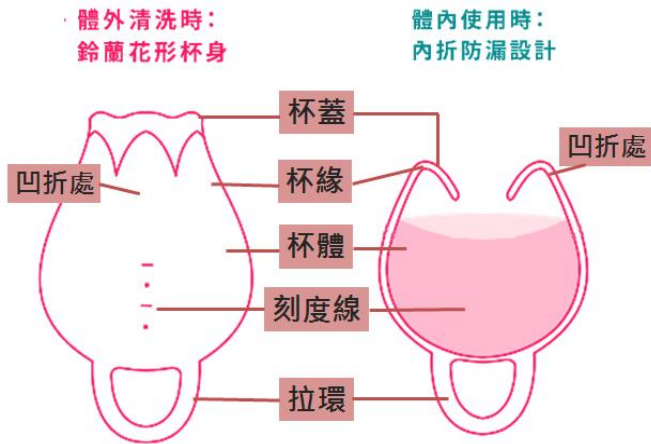
Menstrual Cup is a commonly used environmentally friendly sanitary item for European and American woman. It is classified as grade two in the Taiwan medical equipment classification scale. *Formoonsa Cup* is manufactured in Taiwan and is the first ever menstrual cup brand from Taiwan. The dimensions are specifically tailored and designed to fit the Asian woman's body. To reduce your fear at first use, we've pioneered the "training cup" concept. This is for you to be able to practice how to fold, insert and remove the cup before you gain confidence in using the "Standard Cup" and/or "Large Cup". So you can experience a restriction free menstrual cycle!

**※Note: Training cup is only available for sales in select merchandise items**

## 【Feature】

- Shape like "Lily of the Valley" with delicate and lovely designs
- Made in Taiwan, manufactured with 100% medical-grade silicone, a soft and comfortable material
- Pioneer the "Training Cup", this smaller dimension is designed for practice use. Compared to other cups, the removal ring is thinner and longer for easier insertion and removal. It reduces the psychological stress at first use.
- Holds US patent license authorization for inward cup fold with no spill design. Does not contain air holes and does not spill easily.
- Have volume markings, easier for woman to observe their blood flow and manage their own health. (Standard Cup's volume markings are 10ml and 20ml, Large Cup's volume markings are 10ml, 20ml and 30ml)
- Helps you feel clean and fresh during your menstrual period. Doesn't affect the vagina's natural ability to self-lubricate. It won't dry out the vagina mucosa.
- Continuous use up to 12 hours, it can hold more menstrual blood compared to the traditional sanitary items. It decreases the frequency of replacement and inconvenience upon use. It can be used while sleeping, exercising and live your day-to-day life restriction free. (Depending on each individual's menstrual flow, you may empty the cup in less than 12 hours)
- With proper care it is reusable for up to 5 - 10 years. Compare to the traditional sanitary products, the longer it is used the less it cost and the more environmentally friendly it becomes!

## Formoonsa Cup Design



體外清洗時 Lid Open – Before & After Each Use –  
Disinfect & Clean

鈴蘭花型杯身 Shape like “Lily of the Valley”

體內使用時 Lid Closed – During Use

內折防漏設計 Inward Cup Fold No Spill Design

凹折處 Notch

杯蓋 Lid

杯緣 Rim

杯體 Receptacle

刻度線 Volume Marking

拉環 Removal Ring

▲ Cup rim does not contain any air holes; once the cup is inserted it will expand sufficiently to collect menstrual blood

▲ The cup rim is designed with an concave mark, making it easier for you to fold the cup prior to insertion

▲ Removal ring is designed to help you remove the cup, please do NOT cut it off

### 【Folding Area】



Unique folding area for easier C – fold.

### 【How to choose your Formoonsa Cup?】

▲ Please assess your own situation, to then select the appropriate cup that best fits your need: Standard Cup (20ml) or Large Cup (30ml)

Type	Flow	Height	Width	Suggested Use
Training Cup	N/A	55mm	36mm	For practice use and light days
Standard Cup	20ml	54mm	44mm	For woman 30 years of age and younger or low blood flow
Large Cup	30ml	52mm	48mm	For woman 30 years of age and older, high blood flow, or prior natural delivery experience

※ Height is measured from the top of the cup rim to the bottom of the removal ring. Width is measured from the widest area on the receptacle.

#### - How to assess your own menstrual blood flow

- Tampon Users: Each brand holds very different blood volumes. According to the International Absorbency Standard (Water Drop Scale), you can reference the packaging for flow marks and total up your daily flow  
 $\Delta < 6g$  /  $\Delta\Delta 6-9g$  /  $\Delta\Delta\Delta 9-12g$  /  $\Delta\Delta\Delta\Delta 15-18g$  /  $\Delta\Delta\Delta\Delta\Delta 18-20g$
- Sanitary Pad Users: Night use sanitary pads can absorb up to 10ml. Day use sanitary pads can absorb up to 5ml. Actual absorption may vary on the individual; however you can still use it to estimate your daily blood flow.

- Recommend beginners to start with the Standard Cup. Empty the cup often when your blood flow is heavy.
- If your using the Standard Cup and feel that the Removal Ring is too long, we recommend you switching to the Large Cup where the Removal Ring is shorter

**To ensure proper use, please comply with the following instructions:**

### **【Initial Use】**

*My dear girlfriends, you must feel nervous before starting this journey right? What you are about to experience is a wonderful journey by reading through this booklet.*

*Girlfriends who have used them before would say using the menstrual cup opens up a whole new world for them. Never have they felt this refreshed before! Never again having to stock up on sanitary supplies! You can leave the house with just a small compact Formoonsa cup. These new revelations must catch your attention, right? Of course, the girlfriends that first started using them experience the same restlessness and uneasiness. They've also encountered plenty of difficulties before getting it right.*

*Don't worry! We are there for you. If you encounter any problems, please feel free to call us at the toll free customer service line 0800-826-766 or email us at [formoonsacup@gmail.com](mailto:formoonsacup@gmail.com).*

*Wish you a pleasant journey with Formoonsa Cup!*

First time using the cup, we suggest finding a comfortable and relaxing place/time to increase your chance of success. **Usually it's after taking a shower as your mind and body will feel much more relaxed, so you can then**

**begin the exploration process!**

**We suggest first familiarize yourself with your body and menstrual cycle, to then begin using the menstrual cup.** When inserting and removing the cup, **your mind and body must feel completely relaxed.** If you are feeling nervous, your vaginal muscles will tense up making it harder to insert and remove the cup. Menstrual blood is already a natural lubricant. If you are finding it difficult to insert or remove the cup, we suggest using filtered water or adequate amounts of water-based lubricant to moisten the cup. That way it will make it easier to insert the cup.

First time removing the cup, we suggest finding a place with a water source. That way if you accidentally spilled the blood, then you'll have a place to clean it up.

If you are worried that you can't successfully remove it, we suggest practicing it on the days and hours that the OBGYN clinic is open. In case you can't handle it yourself, you can then seek professional help.

For beginners, we suggest adding cloth sanitary pads for extra protection until you are better at judging how frequent you need to empty the cup. Usually you will need to have experienced three menstrual cycles, before you feel fully confident that you can use it with ease.

**Menstrual cup is placed in the part of the vagina that has no nerves, so when it's placed correctly you shouldn't feel anything!** (If you feel that there is a foreign object there that means the cup is not placed correctly. Please remove it and re-insert it again)

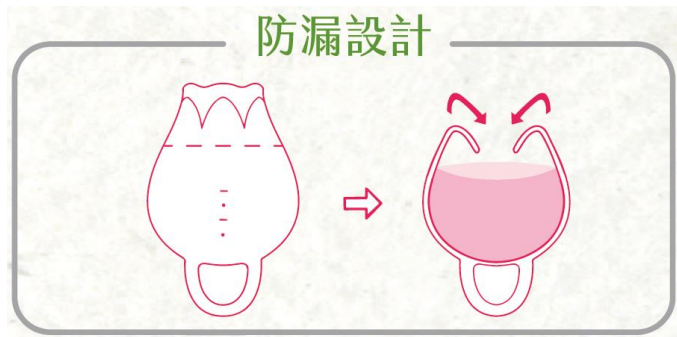
❖ **Please note: Women who have never used tampons before, you may experience difficulty using this product**

### 【How to insert your Formoonsa Cup】

1. Before use, wash hands thoroughly with mild soap and warm water
2. Position: sit on the toilet with your knees apart, squat or stand with one leg raised on the toilet or bathtub edge. Choose one of the positions that best suites you.



3. Remember to use the concave mark on the cup rim, fold the cup that you like best, and insert the cup into the vaginal canal

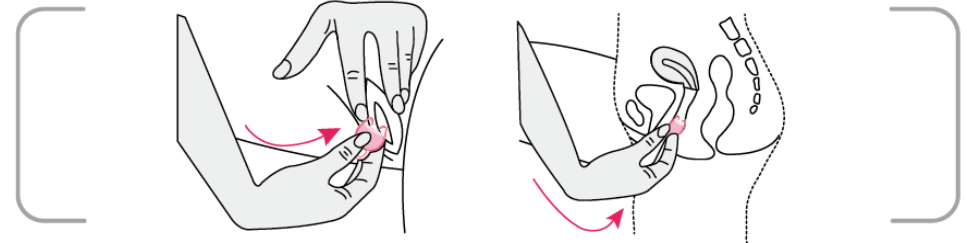


▲ First, close the lid by simply folding it inward. That way it activates the no spill design preventing menstrual blood from over spilling over upon use

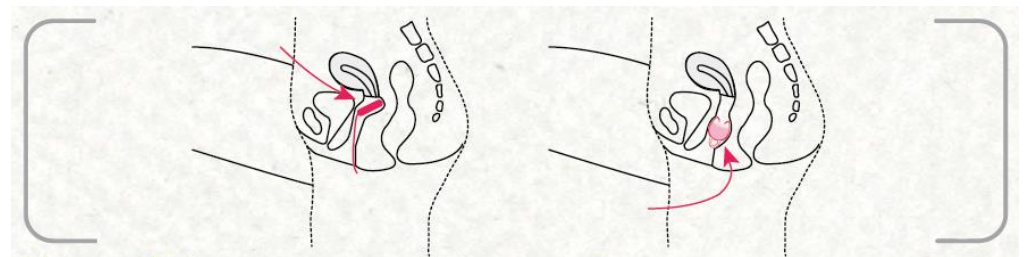
▲ After the lid has been closed, fold on cup the following way for better insertion:



4. Firmly hold the folded cup using the index finger and thumb, spread the labia using the other hand, slowly insert the cup
5. Once the removal ring is fully inserted into the vaginal canal, you can stop. Use the vaginal muscles to hold and position the cup correctly



How do I know if the cup is placed correctly?



▲ Move your finger in a circular motion to make sure the cup is nicely fitted alongside the vaginal wall



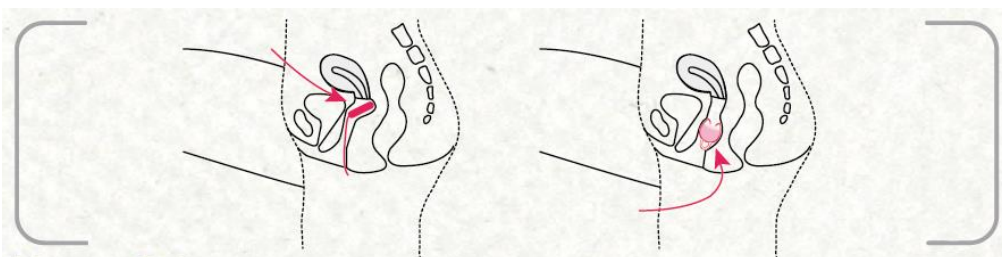
▲ Gently twist the cup from side to side. If you feel there is suction then it means that the cup is inserted in correctly.

▲ Formoonsa Cup is designed not to fully expand when inserted. The receptacle is softer and will remain folded when inserted. The notch however is harder and will fully expand upon insertion, allowing the menstrual blood to be collected into the cup.

▲ If you notice any spills, it means that the notch hasn't fully expanded. We recommend adding cloth sanitary pads for extra protection before you are fully confident in judging if the cup is inserted properly.



#### Cup Placement

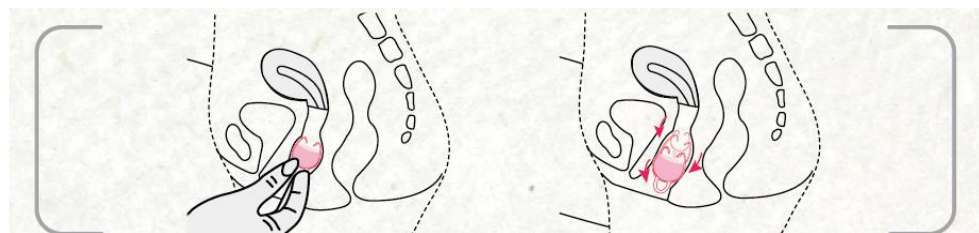


▲ Menstrual Cup is a receptacle used to collect blood and cellular debris. Compared to tampons, it is placed lower in the vaginal canal in the no nerve area. When inserted, you shouldn't feel anything.

#### 【How to remove your Formoonsa Cup】

1. After inserting it in for 4-8 hours, find a comfortable and relaxing place to remove the cup (**Depending on the individual's blood flow, please do not exceed more than 12 hours before removing the cup**)

2. Prior to removal, wash hand thoroughly with mild soap and warm water
3. Posture: sit on the toilet with your knees apart, squat or stand with one leg raised on the toilet seat or bathtub edge. Use the posture that suites you best. Push out the cup using your vaginal muscles, please reference **【Tip: how to use your vaginal muscles to push out the cup】**
4. **Slightly press on the cup's lower receptacle area or side to release the suction. Insert finger into the vaginal canal, hook the finger onto the removal ring, gently shake the cup from side to side, and pull down**



5. Open lid into flower shaped cup, empty content, use clean water or other methods to clean (Reference **【Disinfecting & Cleaning】**)

#### 【Tip: how to use your vaginal muscles to push out the cup】

Before you become familiar with the cup, you may encounter some difficulties using it. Besides breaking the suction, you can try squatting and apply pressure like you are having a bowel movement. Take a deep breath and continue. The cup will slowly be pushed out from the vaginal canal. Pinch the bottom of the cup for the final removal.

**Please note: the above tip will only work if you relax! If you are tense, the vaginal muscle will tighten making it difficult for the cup to be removed. It may even retract deeper!** If your experiencing this, we recommend take a break and wait until your feeling calmer. You can also try again after you have taken a shower.

You will notice wear and tear on the silicone material after prolong and repeat use. If the removal ring broke due to forceful pulling, don't panic! You can still remove the cup by pushing down on your vaginal muscles. Please believe in your body!

If you still can't remove the cup, please visit your local OBGYN clinic and consult with your healthcare provider.

### **【Disinfecting & Cleaning】**

#### **How to disinfect your Formoonsa Cup**

※We recommend disinfecting the menstrual cup once before and once after your menstrual period. Follow one of the heating methods for disinfection:

- Microwave: place menstrual cup in a microwave-safe container, add enough water to cover the menstrual cup, microwave for 3-5 minutes until water boils.
- On the Stove: place sufficient water into pot, use small heat and boil for 5-7 minutes. Let the cup float on top. Do NOT let the cup touch the edge of the pot (you can use cotton bags, silicone net or stainless steel filter to separate them). Please be safe, do NOT over boil the water and dry out the pot!

※While on your period, using clean water and soap to clean and rise is sufficient.

#### **How to clean your Formoonsa Cup in the public space?**

- Carry a small bottle of clean or filtered water with you, rinse cup on the toilet after removal. Please be careful the amount of water you pour in, as it may fall into the toilet if you don't hold it well. Insert cup after rinse and

padded dried. (Please note: use a clean handkerchief, wet wipes or alcohol-based wipe to wipe down the cup. Do NOT use toilet paper as it may leave paper stains behind)

- Menstrual blood is clean; therefore before it touches air it can't produce any germs. If you can't locate a clean water source, can't find any sanitary wipes or can't conveniently clean the cup, just empty the content and re-insert. Make sure you clean it thoroughly at the next opportunity.
- If you aren't sure if the water source is clean, we recommend using drinking water to clean your menstrual cup.

※Side Note: The following method uses a very special technique to clean the cup using the least amount of water:

1. Open lid, return the cup back to the flower bud shape, empty content from the cup
2. Slowly pour clean water into the narrow opening, cover the lid with your palm to seal the cup well, shake cup to quickly clean off remaining residue

### **【How to store your Formoonsa Cup】**

After your menstrual cycle finishes, disinfect cup using above methods. You can also use mild soap and warm water to clean. Thoroughly clean and let it air dry. (Please note: do NOT use oil-based cleaning products on the silicone material as it may affect the duration and function of the cup)

Recommend storing the cup in a breathable material and/or special storage bag. Store the bag in a cool, dry place; avoid any sunlight and UV light exposure.

If you notice a crack on the silicone material, it can be easily damaged from then on. Try avoiding the use of finger nail to vigorously pinch the receptacle

or the removal ring. Please keep product away from children and animals.

With proper care, this product can be reused for up to 5-10 years. After prolong and repeated use, normal discoloration will occur. This does not affect how it is used on a day to day basis. If you noticed damages or cracks on the product, we recommend replacing it with a new one.

### **【Formoonsa Cup FAQ】**

#### **Q : What is a Formoonsa Cup?**

A: Formoonsa Cup is a repeat use menstruation cup. Made from 100% medical grade silicone, the soft material helps you remain clean, fresh and comfortable during the menstrual cycle.

#### **Q : How do I choose from the Standard Cup and Large Cup?**

A : Choosing which cup to use depends on your menstrual flow. The Standard Cup is 20ml in volume and the Large Cup is 30ml in volume. When using the Standard Cup and feel that the removal ring is too long, you can switch to the Large Cup where the removal ring is much shorter.

#### **Q : Will it leak when I sleep at night?**

A : The inward fold no spill design protects your clothes and bedsheets while you are sleeping. Before you feel comfortable using the cup, we recommend adding a cloth sanitary pads for added protection and a peace of mind. (Depending on the individual's menstrual flow, suggest empty the cup less than 12 hours)

#### **Q : Can I exercise normally or perform big movements like Yoga?**

A : Having the menstrual cup will not limit you during your menstrual period. You can partake in any activity you normally do. From exercise to yoga,

swimming, soaking in the hot spring, or a fun day at the beach. You can start embracing your restriction-free lifestyle!

#### **Q : How do I measure my menstrual blood flow?**

A : Upon removing the menstrual cup, the amount of blood flow is indicated on the cup's volume markings. Standard Cup is 10ml and 20ml. Large Cup is 10ml, 20ml and 30ml.

#### **Q : Can I still use the menstrual cup if my blood flow is low?**

A : Yes, you can use the menstrual cup anytime during your period. Because the lower volume of menstrual blood the less it lubricates. You may have more difficulties inserting or removing the cup. We suggest using filtered water or water-based lubricant to help moisten the cup for easier use.

#### **Q : Do I need to remove it when I use the restroom?**

A : No, there is no need. It doesn't matter if it's a number one or number two. The vagina, urethra and anus are three different organs for which there are no need to remove the cup when using the restroom.

#### **Q : Can I use lubricants to help insert and remove the cup? Will it affect the quality of the menstrual cup and how long can I use it for?**

A : Yes, you can use lubricants. Menstrual blood is a natural lubricant however if you are still experiencing difficulties you can use filtered water or water-based lubricant. That helps moisten the cup for easier insertion. Please keep oil based lubricants away.

#### **Q : Can the blood clot obstruct the opening of the cup?**

A : No, blood clots are movable objects. Even when the cup is inserted in the vaginal canal, the liquid movable blood clots can still flow into the cup without obstructing the opening of the cup.

**Q : How do I know when it is time to empty the cup? From what basis do I judge?**

A : How often you empty the cup depends on each individual's menstrual flow. Some people may only need to empty it twice a day (every 12 hours), some empty it every 3-4 hours. If you are feeling leakage or "bubbly", then it's time to empty the cup. Upon first use, we recommend adding a cloth sanitary pad until you feel more confident in using the cup.

**Q : Besides using my finger, how else can I open the lid?**

A : You can use cotton swab to open the lid to empty the cup

**Q : How is Formoonsa Cup different than other menstrual cups?**

A : (1) Formoonsa Cup is a Taiwanese brand, manufacturer in Taiwan, and designed to fit the Asian woman's need (2) Formoonsa Cup holds American patent authorization – inward cup fold with no spill design, preventing blood from spilling upon removal (3) Formoonsa Cup does not have air holes, it uses the vacuum principle to collect menstrual blood

**Q : What if I accidentally break the removal ring?**

A : Don't panic! Please reference【Tip: how to use your vaginal muscles to push out the cup】. If you still aren't able to successfully remove it, please visit your OBGYN clinic and consult with your healthcare provider.

**Q : Can I use the menstrual cup if I have never had sexual intercourse?**

A : Yes, however the hymen is located at the beginning of the vaginal entrance where the mucosal fold is. So when the menstrual cup is inserted, it may cause the hymen to break, creating pain and blood. Be ready as this may happen!

**Q : Is there a risk of infecting Toxic Shock Syndrome (TSS) with the use of the menstrual cup as it is with tampons?**

A : Toxic Shock Syndrome (TSS) happens when Staphylococcus Aureus in the vaginal canal produces toxins and enters into the blood stream. This happens when the tampon absorption force is too strong, causing the vaginal canal to over dry and damaging the vaginal mucosa membrane. The menstrual cup is made from medical grade silicon material for which it won't affect the vaginal mucosa membrane, therefore not having the risk of infecting with Toxic Shock Syndrome (TSS).

**Q : Why does the cup keep sliding downwards, after I've inserted it in successfully?**

A : It maybe because your vaginal muscles aren't strong enough to hold the cup in place, we recommend doing the Kegel exercise to help strengthen the vaginal muscles.

**Q : My Formoonsa Cup has changed color, sometimes even creating odor. Why is that?**

A : After repeat exposure to menstrual blood, it is normal that the cup turns an off-white color. In some cases, odor may even arise from repeat use. We suggest stirring baking soda with hot water, soaking the cup for 2 hours before rinse.

**Q : How often do you recommend replacing a new Formoonsa Cup?**

A : If used properly, you can reuse the cup upwards of 5 to 10 years. Discoloration is normal and will not affect usage. Please note, silicone does not mix well with oil as it may damage the material even further. Please take care of your cup. Normal wear and tear is common with prolong and repeat use. If the material no longer holds its elasticity well, the removal ring is no longer firm or there is noticeable damage



to the product, we recommend replacing it with a new one.

### 【Product Information】

1. Product Chinese Name : “月釀杯” Menstrual Cup
2. Product English Name : “Formoonsa Cup” Menstrual Cup
3. License Number : Ministry of Health Medical Equipment Number 005657
4. Company Name : Salonmates Industrial Co., Ltd
5. Company Address : 4F, 156 Fuxing North Road, ZhongShan District, Taipei
6. Manufacturer Name : Besmed Health Business Corp.
7. Manufacturer Address : No. 5, Alley 116, Wugong Second Road, Wugu District, New Taipei City
8. Shelf Life: 10 years (Date & year indicated on the first row top of the box)
9. Manufacturing Lot Number: Indicated on the second row top of the box
10. Main Ingredient : 100% medical grade silicone, does not contain any latex or animal products
11. Usage :
  - I. Before Insert: use mild soap and warm water to wash hands thoroughly
  - II. Posture: squat, sit on the toilet with your knees apart or stand with one leg raised on the toilet seat/bathtub edge. Use any of the above positions to create the best downward force
  - III. Use the concave mark to fold the rim into any fold that works best for you
  - IV. Hold the folded rim firmly with your index finger and thumb, separate the labia with other hand and insert the cup slowly
  - V. Stop insertion once the removal ring enters the vaginal canal fully. We suggest using the vaginal muscles to help position the cup in place

12. Indications for use: a receptacle placed in the vagina to collect blood and cellular debris discharged from the uterus via the cervix during menstruation
13. Side Effects, things to avoid and things to watch out:
  - This product is intended for use only during menstruation. Do NOT use this product during non-menstruating times.
  - Use one cup at a time. Do NOT share it with others.
  - Do NOT use this product during sexual intercourse. This product is not intended for birth control, nor does it prevent Sexual Transmitted Disease (STD).
  - Do NOT use this product if you suffered from Toxic Shock Syndrome (TSS)
  - If you suffer from Uterine Prolapse or Anatomical Abnormalities, you are unable to use this product
  - Intrauterine Device (IUD) users are safe to use this product
  - If you have any medical or gynecological questions prior to using it, please consult your healthcare provider
  - This product is NOT intended for single use. With proper care, this product can be used for a long time. Please reference the user manual for detail.

Toll free customer service line : 0800-826-766

Please email us at [formoonsacup@gmail.com](mailto:formoonsacup@gmail.com) if you have any questions regarding our product.

### **Formoonsa Cup Menstrual Cup**

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