

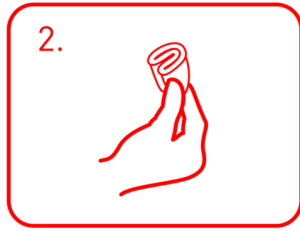
Ruby Cup Guide to Menstrual Cups



This step-by-step guide to using a menstrual cup will take you smoothly through each stage. Here's how to get the very best of your cup, and your period:

1. Fold and hold

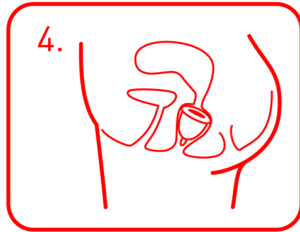
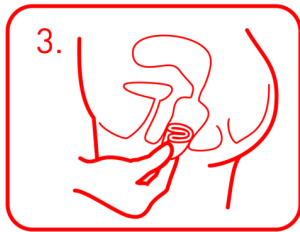
Always start by washing your hands. Fold Ruby Cup using a fold that works best for you. Many start with the C-fold. If that does not work for you, try some of the other folds to make insertion easier. Every menstruator's anatomy is unique, so find the fold that works for you.



Details on other menstrual cup folds are explained in our FAQs , to help you find the right folding method.

2. Insert and ensure

As with tampons, gently insert the folded cup into your vagina, tilting it back to the base of your spine. The cup should sit as low as it can comfortably sit inside your vagina, normally lower than a tampon but with the stem fully inside.



When the cup is inside, it wants to pop open, creating a light suction. The suction is how the cup prevents leaks, so use your finger to check if it is fully unfolded. Twist or rotate the cup if you need to.

Do not rush, take your time - it's like learning to use contact lenses.

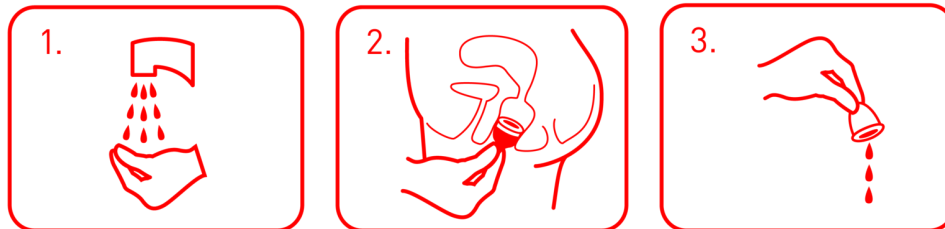
3. Use it up to twelve hours

One of the great benefits of using a menstrual cup is that it can be used up to twelve hours. However, most menstrual cup users find they need to empty their cup in the morning and again in the evening.

4. Remove and empty

With clean hands, gently pull the stem of the cup downwards until you can reach and hold the base of the cup. Pinch the base to release the suction and take it out gently.

You may need to use your pelvic muscles to push your lower cup in the vagina to help you reach the base with your fingers.



When you've got your cup, empty it in the toilet, and rinse it with water.

If you do not have access to water, you can wipe it with some tissue or simply reinsert it right after emptying it. But make sure to rinse it at your next available opportunity.

5. Re-insert

When your cup is rinsed, you can reinsert it, and you're ready to go again! Ruby Cup care, having a look at cleaning and storing .

Switching From Tampons to a Menstrual Cup is no big deal

Making the change to another product is easier than you may think. Using a menstrual cup is very similar to using tampons, just with improved health benefits - no irritation, no chemicals and no drying out.

Menstrual cups are the modern alternative to tampons and pads. They are environmentally friendly and super healthy.

Finding the right menstrual cup does not have to be tricky. Ruby Cup comes in two sizes, medium and small. You can find more advice on how to choose the right menstrual cup size [here](#).

How to use a menstrual cup in a public bathroom

Planning your next backpacking trip? Going camping or visiting a festival? Or even if you're just planning a night out, you do not have to worry about using Ruby Cup. Emptying is easy no matter where you are.

If the sink is out of reach, simply wipe the cup clean with dry or damp tissue, or rinse with bottled water and reinsert straight-away. You can simply reinsert it without rinsing it, but make sure you rinse it at your next available opportunity.

More hacks on how to use a menstrual cup in a public bathroom, and what to do when you are traveling, check out our [Traveling with a Menstrual Cup](#) article and you'll be ready for anything!

How to clean and store a Menstrual Cup



We know that modern life is busy and when it comes to your period, simple and stress-free is always best. You may already use tampons, but maybe you just do not know how simple menstrual cups are.

In 3 easy-to-follow stages, we explain how to clean and store your cup during and after your period, for a healthy and sustainable menstruation.

How to take care of your Ruby Cup during your period

While you're using your ruby cup, simply rinse it with water each time you empty it, before reusing it again. While on your period, there is no need to disinfect your cup between uses.

After emptying, wash your cup with water. Avoid fragranced soaps that may alter the pH of your vagina. If this is not possible, or you are in a public bathroom then just rinse with bottled water, or wipe it clean with a tissue.

Disinfect your menstrual cup at the end of your period

At the end of your period, your cup must be disinfected before storing each month. Rinse your cup, and heat in a pan or pot of water. Boil for 3 minutes. To prevent discoloration we have some additional advice in our FAQs , so linked below. If you do not want to use a pot for disinfecting, you can use a Ruby Clean for boiling in the microwave or oven.

Store during the month after you used your Ruby Cup

After disinfecting, dry and store your cup, ready for next month. Your Ruby Cup comes with its own free cotton bag, made from hygienic, breathable material. Do not store your cup in an airtight container, as it needs ventilation. Natural materials such as cotton are best.

Which Menstrual Cup Size Is Right For Me?



Everybody's body is unique. So, when it comes to questions around menstrual cup sizing, we need to start the conversation with you – your body and your periods.

This way, we can help you find out which size of menstrual cup is best designed to meet your needs and which size will best help you manage your menstrual flow.

In this article, we'll explain how to choose the right menstrual cup size for you. And we've also made a video, which is ideal for beginners, where you can see what a Ruby Cup menstrual cup looks like – and hear how to choose the right size for you and your period:

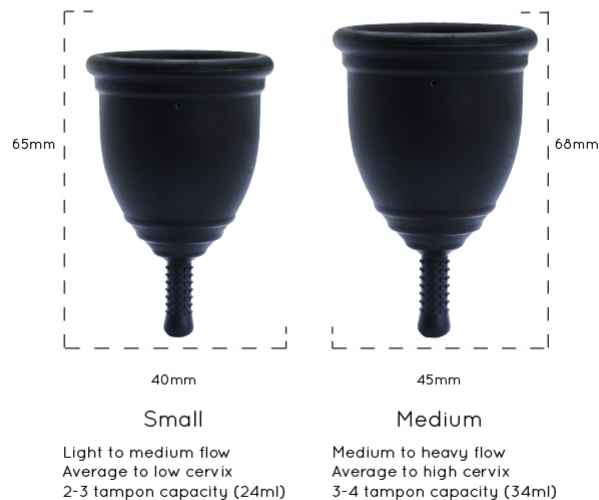
How big is a menstrual cup?

If you haven't seen a menstrual cup before, at Ruby Cup we have two menstrual cup sizes – small and medium. And they're made to fit everybody.

Both cup sizes are made from soft, medical grade silicone and are designed to be easy to use and comfortable to wear.

The Ruby Cup menstrual cup size chart

Two Sizes To Fit Every Body



Ruby Cup's menstrual cup measurements are:

- Small (our smallest menstrual cup) is 65mm high and 40mm wide.
- Medium (our largest menstrual cup) is 68mm high and 45 mm wide.

What size menstrual cup should I get?

When it comes to working out which of our soft cup sizes will work for you, we start by helping you find out how your body is actually shaped, both inside and out.

That's because there are two factors to consider when you're working out which size Ruby Cup will work for you.

1-How heavy is your menstrual flow?

The first thing to consider is how much blood you lose when you have your period. We call this your menstrual flow and it can be light or it can be heavy.

Light flow?

If you have a light menstrual flow, you may be using small or regular tampons and slim pantyliners or pads. You're likely to be changing your period product a few times during the day.

Heavy flow?

If you have a heavy menstrual flow, you're likely to be using super or super plus size tampons and maxi pads. You're also likely to be changing your period product frequently during the day and also at night.

2. Do you have a low cervix – or a high cervix?

How to find your cervix

To find your cervix, you'll need to slide your longest finger into your vagina.

You can do this while you're lying down, or with one leg up on the side of the bath or the toilet lid. You can also do this whether or not you have your period.

We recommend that you wash your hands well first and try to relax. Then carefully slide your longest finger into your vagina.

What does a cervix feel like?

You'll find your cervix sitting at the top of your vagina. It's likely to be at the top of your front vaginal wall – closer to your belly button than to your spine.

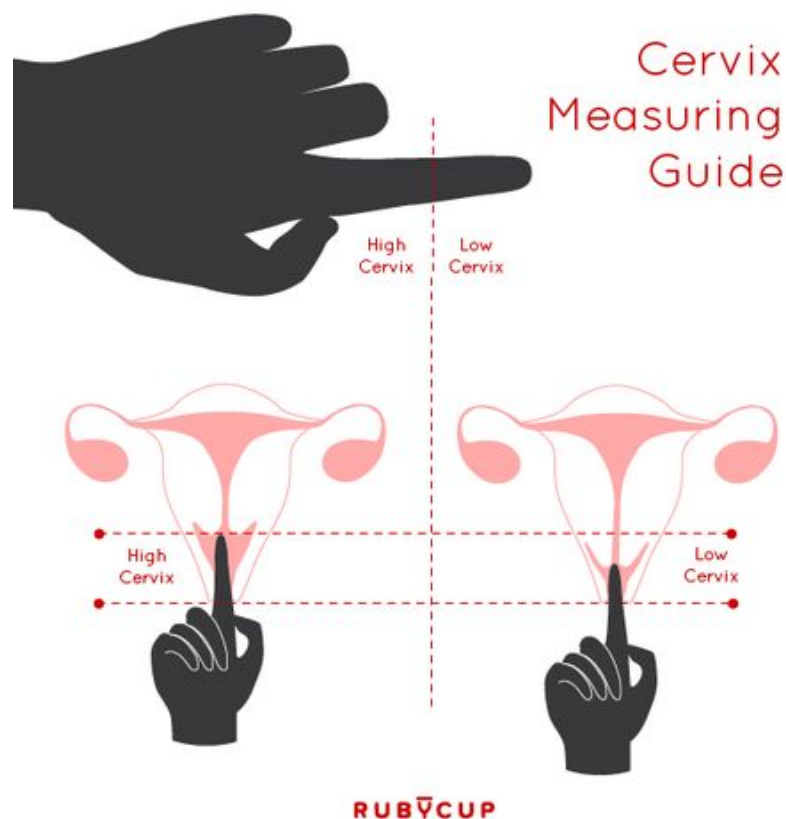
To the touch, it will feel like a smooth round, raised circle with a dimple in the middle – a bit like the tip of your nose.

Do you have a high cervix?

If your longest finger goes almost all the way into your vagina before it reaches your cervix you have a high cervix.

Do you have a low cervix?

If your longest finger finds your cervix around the middle knuckle mark, then you have a low cervix.



How to know what size menstrual cup to use? – a simple Ruby Cup guide to menstrual cup sizing

This simple guide will help you to match your menstrual flow and the position of your cervix to the size of Ruby Cup that will work for you.

Find my Ruby Cup

Heaviness of your flow* + Position of your cervix	Your Ruby Cup size
Light flow and a high cervix	Ruby Cup Medium
Light flow and a low cervix	Ruby Cup Small
Heavy flow and a high cervix	Ruby Cup Medium
Heavy flow and a low cervix	Both sizes will work for you.

If you choose the Ruby Cup Small you will need to empty your cup more often. If you choose the Ruby Cup Medium it will hold more blood and need emptying less often, but you may need to trim the cup stem so that it's properly comfortable.

* If your menstrual flow varies from the first to the last day of your period, you may want to use both sizes of cup, depending on your daily flow.