

LELE MENSTRUAL CUPS

USER MANUAL

#fly with lele....



Department of Communication and Journalism
University of Kerala
Thiruvananthapuram
2022



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USER MANUAL

Submitted to The Department of Communication and Journalism in partial fulfilment of the requirements for Technical Writing and Documentation course (3rd semester)

By

ATHIRA S, SULTHANA SS, COL. ANISHMON MS, KARTHIKA T, CHITHRA KADAMBATH, BINUKRISHNA CB

MCJ 2020-2022 Batch



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Certified bonafide work



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1.INTRODUCTION

Lele menstrual cup is the most unique, cost effective and leak free method of period relief. It is a flexible and reusable cup as it is made of silicone. The cup collects the menstrual blood instead of absorbing. **Lele** is ideal for your health as it does not alter the natural vaginal pH. It is odourless and chemical free.

Lele is available in three different sizes:

- 1.Small
- 2.Medium
- 3.Large

You can use it freely while travelling, sleeping, swimming and all other sports and everyday activities as it prevents leakage of blood. You can feel free on your period days with **Lele M'**cups (menstrual cups).

Why LELE M'Cups?

- Eco friendly and affordable than other menstrual products
- Less odour as it is air tight
- No leakage
- Holds more blood
- Gentle for skin
- Less chance for infection

2. PRECAUTIONS AND SAFETY MEASURES

- It is important to find the right cup size. Small size is suitable for teenagers and those who have not given birth. Medium is for those with usual flow. Large for 30 years and above, those with heavy flow and given vaginal birth
- Remember to remove the cup, clean it and reuse it every 6-12 hours
- Remove before having sex
- Consult a doctor if you have an Intrauterine Device (IUD) inserted as there is a chance the cup could dislodge it

3. USAGE INSTRUCTIONS

3.1 HOW TO INSERT A M'CUP

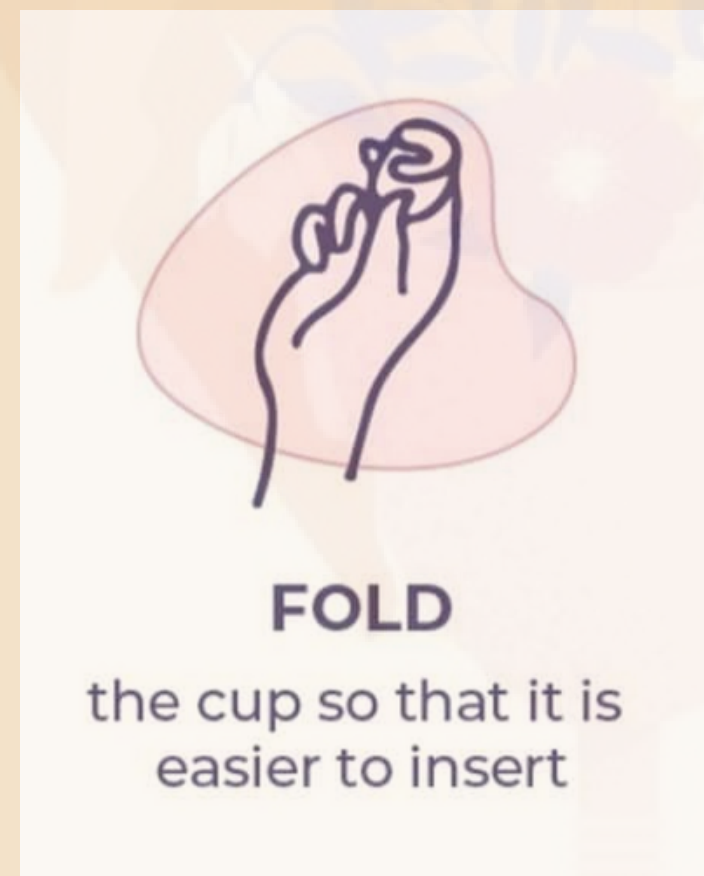
STEP-1: Before inserting lele M' cup, clean your hands with soap and lukewarm water and sterilize the cup.



STEP-2: Fold the M' cup in any of the two methods mentioned below according to your comfort to facilitate easy and pain free insert.

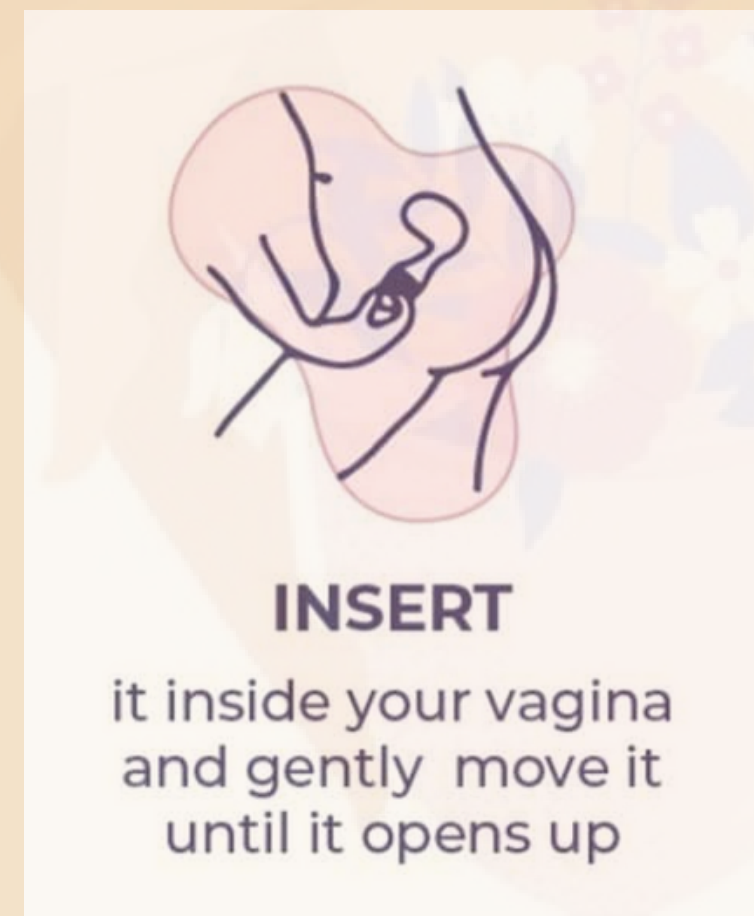
way1: C- fold or U- fold: Fold top rim of the M'cup to equal halves where it creates a C shape

way2: Tip fold or Push down fold: fold one side of rim down into cup

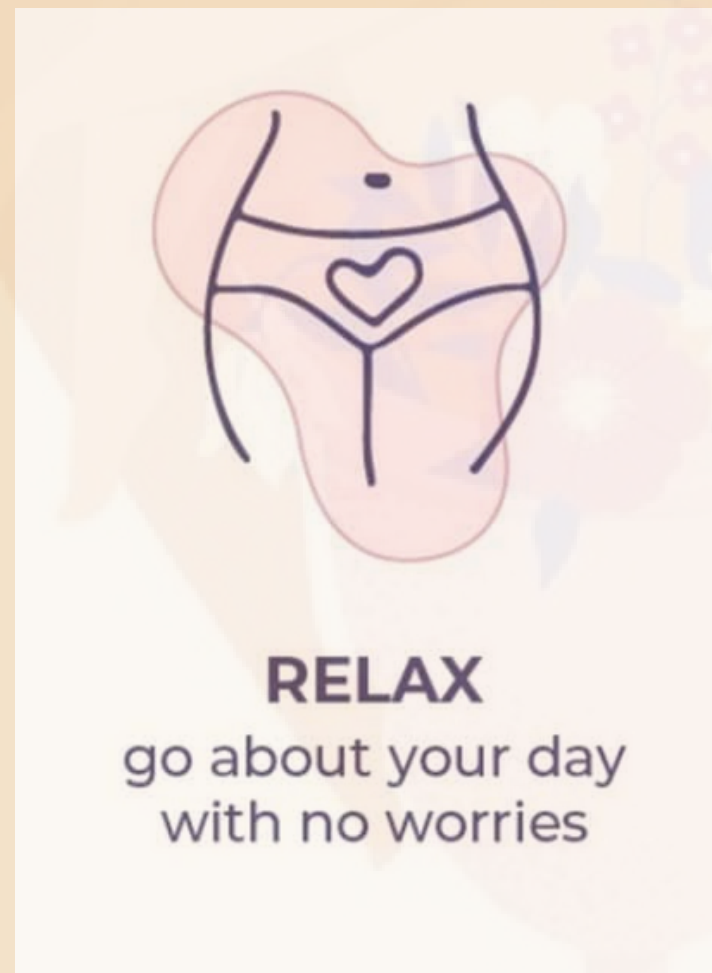


STEP-3: Now insert the cup either in sitting or standing positions. Locate the vaginal opening and slowly insert the M'cup as how it is folded according to your comfort.

STEP-4: Slowly push the cup inside and it will have to open itself and make sure that you hear a pop sound.



STEP-5: Once it is open, rotate the tip of the cup to make sure that it is inserted safely and the cup is secured inside so that it can collect the menstrual blood.



3.2 HOW TO REMOVE A M'CUP

STEP-1: Primary is to ensure that your hands are clean and if not, wash it using warm water.



STEP-2: Find a comfortable position either sitting or squatting. Breathe slowly and get ready to remove the cup.

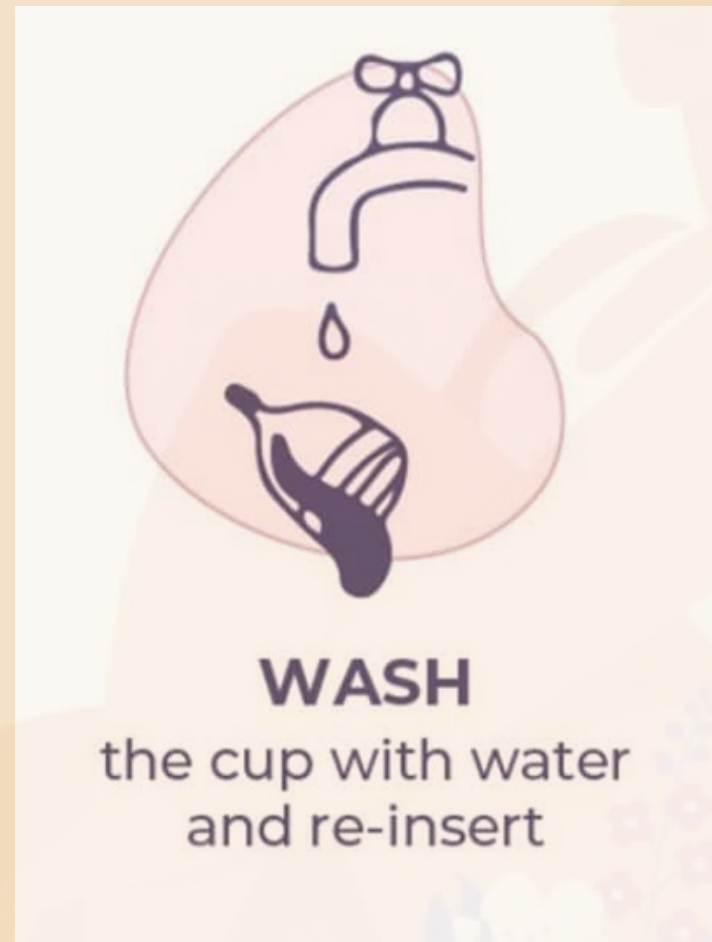


STEP-3: Locate your cup or the tip of your M'cup inside the vagina.

STEP-4: Now bear down using your abdominal muscles which can help bring your M'cup a little down to your vaginal opening.

STEP-5: Locate the tip of your cup and pinch at the base portion just above the tip to break the suction seal.

STEP-6: Now remove your cup by slowly by pushing it down.



STEP-7: Clean your cup by squeezing out the blood collected inside.

STEP-8: Wash it using warm soapy water and use it again.



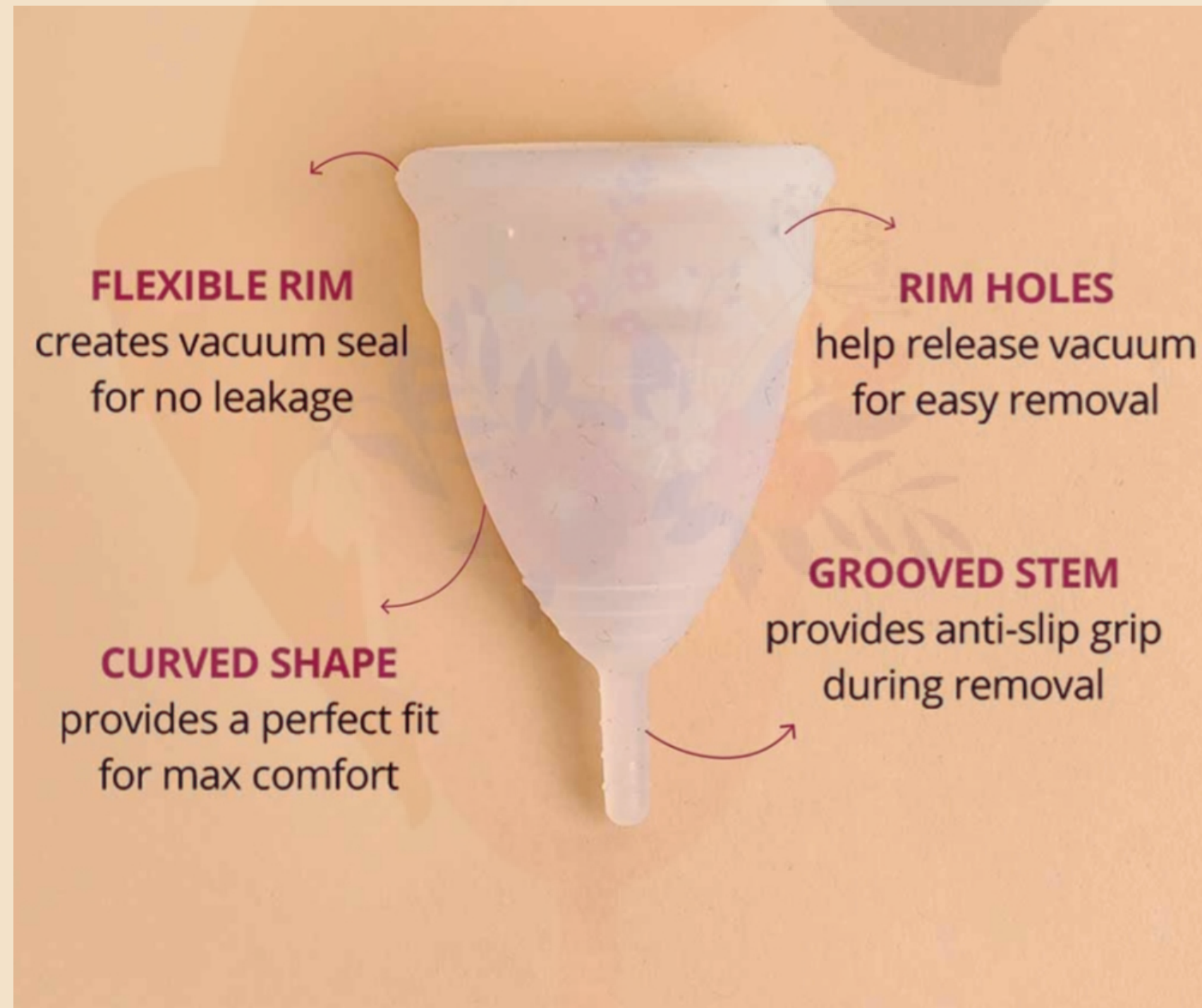
3.3 HOW TO STERILIZE M'CUP

STEP-1: Wash the cup with warm water just after the use.

STEP-2: Boil it in water for around 5-10 minutes.

STEP-3: Use the sterilizers available to clean the cup.

4. PRODUCT DESCRIPTION







5. WARRANTY

Lele M'cup's warrants that the product will be free from manufacturing flaws for six months from the date of purchase.

The warranty does not cover damage due to improper use, colour fading from normal use.



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