

Is the cup of glass safe, how do you use the cup?

The safety cup is not one of the questions that many women care about.

Not a tampon or tampon, the cup of the cup is the solution in the red light days you appreciate. However, there are also many people who ask the question, 'Is the **cup safe** , how to use it?' The answer will be revealed through our following sharing.

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Is it safe to use a cup?

The cup is made of silicone or medical plastic in a shape similar to a small funnel. This product can be used instead of tampons or tampons on red light days. So is the monthly cup safe? In fact, if used properly, the maternity cup is not only harmless to health but also brings many great benefits such as:

1. Helping private area more comfortable and airy, not as secret as using sanitary napkin
2. Do not worry about blood spilling out to dirty clothes
3. Limit offensive bacteria and unpleasant odors. As a result, women can prevent the risk of vaginal infections.
4. The mechanism of the cup is to collect, not absorb, like sanitary pads, so it will not lose the natural moisture content and the pH balance in the vagina.
5. Non-toxic because it is usually made of silicon or plastic - medical or plastic silicon or plastic
6. Cost savings

See now: What kind of cup is good?



The cup of tea is believed by many women

How to use a beaker?

Using the cup is not difficult, but first-time girlfriends may be a bit embarrassed. Our following guidelines will help you:

Step 1: Sterilize the monthly cup

Sterilize the menstrual cup for the first time and at the end of the menstrual cycle to protect the genital area from bacterial infection. How to disinfect is as follows:

1. Put the menstrual cup inside the whisk and put it in the pot, boil it. Do not allow the cup to contact directly with the bottom of the pot as it will cause the cup to break down quickly.
2. After 5-10 minutes, remove the cup.

Step 2: Fold the cup

Folding the menstrual cup makes it easier to put the cup inside the vagina. Here are 5 folding ways that many women apply:

1. S-type fold: Squeeze flattened cup, hold two edges tightly and break into S shape
2. Tulip style: Squeeze the cup, bend a corner to the center, flip the back and fold the other corner.
3. Fold type 7: Squeeze the cup, fold down one corner so that the outline forms a 7-shaped shape.

4. Fold folding style: Place a finger on the edge of the cup and then inside the cup, hold the two edges tightly together.
5. C-type folding: Squeeze the cup then fold twice for equal sides

Step 3: Create a comfortable posture to put the cup in

There are up to 4 poses that you can apply when you put the beaker in your vagina, including:

1. Sitting in squat style in the bath, put your feet up on your toes
2. Sitting squat style, back against the wall
3. Sit on the floor, shrinking your knees and legs
4. Standing, one leg touching the ground, one foot on the toilet

Step 3: Carry the cup into the vagina

After we have selected the cup folding and proper posture, we will prepare to put the cup inside the vagina. Don't worry because it won't be painful or uncomfortable!

1. Push the cup at a 45-degree angle to the pubic bone, not straight into it. This will open the cup.
2. Slowly push the cup inside to feel comfortable. Make sure the cup is completely open, not outside the vaginal mouth.

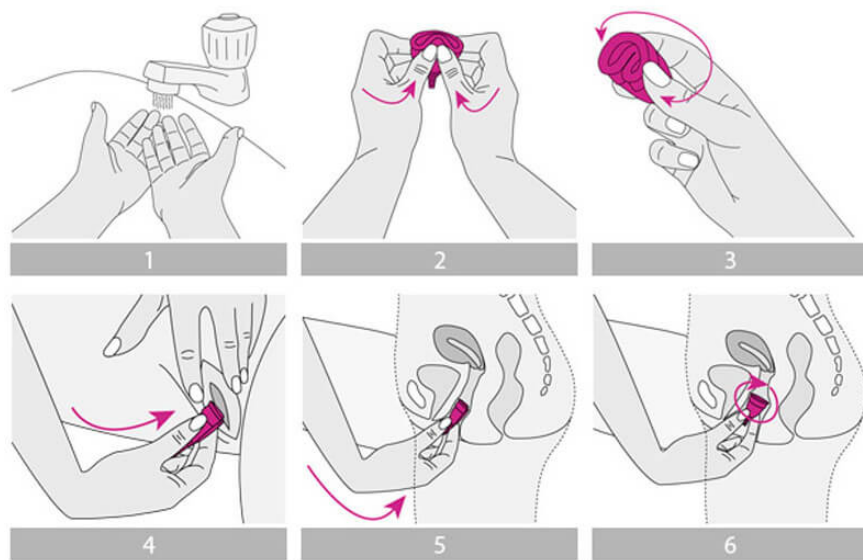
Step 4: Take the monthly cup

Use the abdominal muscles to push the cup downward (like a push movement when going to the toilet)

Use your thumb and forefinger to enter the vagina until you reach the bottom of the cup

Squeeze the cup and pull it outside, slightly off to one side

Step 5: Clean the menstrual cup with clean water, drain it, put it in the bag for the next time.



Steps to use menstrual cup

Notes when using the monthly cup

To use a cup of safer safer and more effective, in the process of use you need to note the following:

1. Make sure the hands and cup of the syringe are clean
2. Moisten the rim of the cup with water before putting it into the vagina
3. You can use the cup in between 6 and 12 hours. After this time, take out the cup, clean it and put it back.
4. Unrelated girls should not use menstrual cups to avoid hurting the screen.
5. End the menstrual cycle to sterilize the menstrual cup
6. Always buy quality menstrual cups from reputable sources, with clear origins.

Is the cup safe? It will be safe if you use it properly, in the right direction. Visit META.vn for advice and order cheap, quality cup cups.

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