



ECODREAMS

Menstrual cup booklet

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The Three Golden rules

*Cervix
height*

*Pelvic
floor strength*

*Heaviness
of your flow*

How heavy are your periods generally?

This will determine the capacity of the cup you will need.

Very light = you need a low capacity cup

You typically use light absorbency pads/tampons or pantyliners.

Light = you need a low capacity cup

You typically use light absorbency pads or tampons for up to 4 hours.

Regular = you need a moderate capacity cup

You typically use regular absorbency pads and tampons for up to 4 hours.

Heavy = you need a high capacity cup

You typically use super absorbency pads and tampons for up to 4 hours.

Superheavy = you need a very high capacity cup

You have to change your super absorbency tampon or pad every hour or two.

You need to use two types of sanitary product together for example, a tampon and pad.

How To Measure Your Cervix.

It is best to measure your cervix height when you are on your period as this will give you the most accurate measurement. Wash your hands thoroughly and insert your middle or index finger (longest one) into your vagina, your cervix should feel something like the tip of your nose. Bear in mind that you may pass your cervix. Your cervix may not be actually at the end of your vagina, it can be leaning to one side or be slightly lower. Ever wondered why you would bleed off to one side? Well, it's because your cervix was pointing in that direction. If you can only insert the tip of your finger down to the first knuckle, then you have a very low cervix. If you insert your finger up to the second knuckle, then you have a low to medium cervix. And if you can insert your finger all the way, then you have a high cervix. And if you can't feel it at all then you have a very high cervix. You can also use a ruler held up against your finger for an accurate measurement.

What's your cervix height?

This will determine the length of the cup you need.

Very low 1 / 1.5 inches = very short cup

You can feel your cervix very easily.

Low 1.9 / 2 inches = shorter length cup

You can feel your cervix easily.

Regular / Medium 2.5 inches = regular length cup

You can feel your cervix easily.

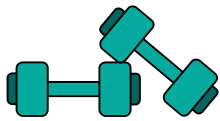
High 3 inches = longer length cup

You can feel your cervix on the tip of your finger.

Very High 3.5 inches up = longer length cup

You can barely feel your cervix or not at all.

How strong are your pelvic floor muscles?



This will determine the stiffness of the cup you will need.

How to check your pelvic floor strength.

This easy exercise will give you a good idea of your pelvic floor strength. Sit on a chair upright. squeeze your pelvic floor muscles . You should be able to feel like your bladder is being lifted upwards.

Very strong = you need a stiffer cup.

Strong = you need a moderate stiffness cup.

Fairly strong = you need a moderate stiffness cup.

Weak = you need a stiffer cup

I have a sensitive bladder or suffer from mild stress incontinence.

Very weak = you need a cup with a pronounced rim.

I have an pelvic organ prolapse or suffer from stress incontinence.

Do you have a contraceptive IUD or coil (intrauterine device) ?

Yes = choose a cup with a light suction seal and that you can easily reach for removal.

No

Have you given birth?

Yes vaginal delivery

Yes c section

No



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Super important notes here!





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