



ECODREAMS

Menstrual cups & gynaecological conditions

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Legal notice: The information contained in this booklet is for strictly information purposes only and does not constitute medical advice. Should you have any medical concerns please consult your doctor. This booklet contains unbiased information and was independently produced of any menstrual cup companies.

PCOS

Most women with PCOS can use any menstrual cup they like however if you have particularly large cysts you may want to choose a cup that is softer so that there is minimal pressure from the cup.

PELVIC ORGAN PROLAPSE

At the time of writing, there is currently no scientific evidence to suggest that menstrual cups cause or increase your risk of developing a prolapse. However, we would always recommend talking to your doctor and seeking advice from a women's specialist physiotherapist. When choosing your menstrual cup it's very important to take the time to do the research and find out which cup is going to suit your body best. If you're struggling to remove your current menstrual cup or find that you struggle to reach the stem then it's time to switch to a different menstrual cup that will fit your body better. For guidance check out our other PDF booklet.

FIBROIDS

Fibroids typically don't cause any problems with menstrual cup use however you may need a higher capacity cup, as they can cause your periods to get very heavy.

Brands to begin researching:

Juju cup, Super Jennie Cup, Me Luna cup large, Lunette cup model 2, Ruby cup medium.

ENDOMETRIOSIS

Women with endometriosis tend to find a cup that is on the softer side and has a more rounded shape to be more comfortable. As well as the rounded shape providing extra capacity for heavy periods. Try and avoid menstrual cups with pronounced rims as this may cause more discomfort in women with endometriosis.

Brands to begin researching:

Ruby cup small, Lunette cup model 1, Juju cup, Si-Bell Cup, Super Jennie Cup, Louloucup, SckoonCup, MeLuna cup soft.

PELVIC INFLAMMATORY DISEASE

Menstrual cup use is not advised. Please consult your health care provider.

VAGINISMUS

Women with vaginismus may find a cup that is smaller and softer to be more comfortable, to begin with. There are plenty of folding techniques to make the cup smaller and more comfortable to insert. Try the following:

Punchdown fold, 7 fold, Double 7 fold, Origami fold, Extreme diamond fold.