



SOCH Cup (by Si-Bell) User's Guide

WELCOME

Thank you for choosing SOCH Cup, a reusable menstrual cup made of medical grade silicone. SOCH Cup is hypoallergenic and without latex. SOCH Cup has been designed to be folded and inserted into your vagina, allowing a healthier and eco-friendlier alternative to tampons and towels.

Once inserted, SOCH Cup opens up and takes place in the lower part of the vagina, thus it is held in place by the pressure of your vaginal muscles.

SOCH Cup has to be emptied, rinse and reinserted every 4 to 8 hours.

SOCH Cup can be used overnight, travelling or when practising physical activity such as swimming, running and so on, without any risk.

Before using SOCH Cup, we recommend you to read this user guide.

Diagram 1: Cup description

A) Rim, B) Holes avoiding suction effect when removing SOCH Cup, C) External ridges, D) Base of SOCH Cup, E) Stem

Diagram 1



BEFORE THE FIRST USE

Check that the 4 holes under the rim of the cup are well pierced.

Wash your hand and wash the SOCH Cup with warm water and mild soap.

After rinsing the cup thoroughly, place-it in an allocated pan full of water and boil it for 5 to 7 minutes.

Your SOCH Cup is now ready to be used.

NB: We advise you to practice inserting and removing your SOCH Cup for the last two days of your period. Give yourself plenty of time, and do not forget to relax!

SOCH CUP INSERTION

Diagram 2: Folding technique

SOCH Cup takes place lower than a tampon.

Wash your hand carefully, fold your SOCH Cup in a U shape and hold onto it firmly with your finger and thumb, as nearest as possible of the cup base.

With your other hand, open the labia and insert the cup into your vagina, guiding it towards your lower back. Your SOCH Cup has to be placed around one phalanx of the vagina entrance.

Take off your fingers, and the SOCH Cup will open by itself.

Diagram 3: Position of the SOCH Cup and position of tampon

Diagram 2



Diagram 3



HOW TO REMOVE YOUR SOCH CUP

Diagram 4:

A squatting position shortens the vagina and makes the SOCH Cup removal easier.

- Empty your SOCH Cup every 4 to 8 hours.
- Wash your hand carefully.
- In order to make the removal easier, you can sit on the toilet or you can squat.
- Your vagina muscles do not have to be tensed, so relax.
- If you cannot reach the base of the SOCH Cup, pull gently on the stem. If you cannot reach the stem of the cup, you can 'push' the SOCH Cup using your vaginal muscles in order to make its removal easier.
- Do not forget to stop the suction effect before removing your cup, by squeezing the base of the cup.

Diagram 4



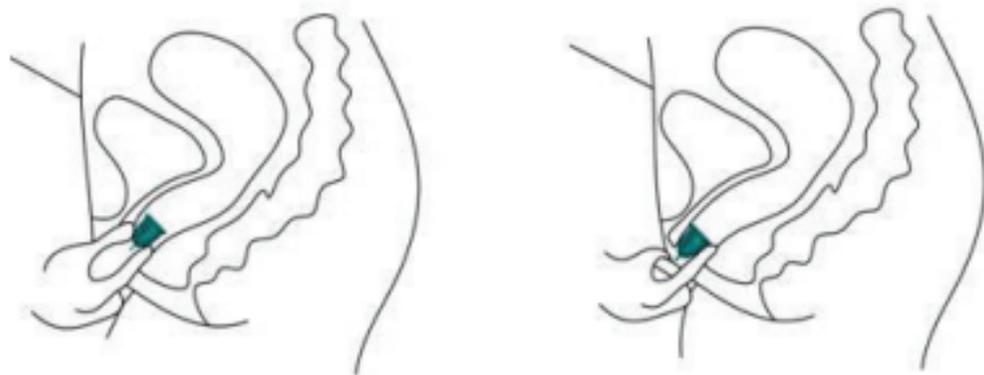
Diagram 5: To release the seal

Gently squeeze the base of the SOCH Cup or insert a finger along the SOCH Cup.

When the menstrual cup is released, you may hear it.

Remove gently the SOCH Cup in order to avoid spilling the blood: when the SOCH Cup base is almost out, slightly tilt the cup on the sideways to remove half of the rim, and then angling in the other way to release the other half. This way, the SOCH Cup remains upright, ensuring a smoothly removal without spilling the fluid contained inside. Empty the contents of the SOCH Cup in toilet, rinse and reinsert.

Diagram 5



CLEANING THE SOCH CUP

You need to keep your SOCH Cup clean.

Wash-it regularly with a mild soap and warm water, and rinse it well with clean water(soap may cause vaginal irritation).

Use a soft brush to clean the ridges. You can turn the SOCH Cup inside out to clean if necessary.

The tiny holes situated just under the rim of the SOCH Cup help to stop the suction effect. You have to be sure that these holes are always clear. If necessary, you can use a needle to clean them.

If you are in public toilet, take a bottle of water with you to rinse your SOCH Cup; empty it, rinse it and reinsert it. Next time, ensure you clean the SOCH Cup more thoroughly. When travelling, take care to always use drinkable water to clean your SOCH Cup.

Over time, the SOCH Cup can lose its colours, but this does not affect its efficiency. Discolouration can be removed using a sterilising solution (see next paragraphs).

If you note any tears or any other changes on the SOCH Cup, we recommend to replace it.

You can clean your SOCH Cup more thoroughly if you like to.

Choose one of the following methods :

Boil your SOCH Cup for 5 to 7 minutes in an allocated pan, with sufficient water to cover the whole cup. Do not boil dry!

Soak your SOCH Cup into a sterilizing solution (available at pharmacy) respecting manufacturer's guidelines. Do not exceed the sterilization time.

Use a steam steriliser.

Never use the following products (they may damage your SOCH Cup or cause vaginal irritation):

✗ Petrol based substances such as Vaseline

✗ Essential oils such as tea trees oil

✗ Harsh cleaners

✗ Perfumed soap

✗ Dishwasher

Storing your SOCH Cup

Dry your SOCH Cup and store it into the bag provided. Do not store it in plastic bag or an airtight container.

UNCOMFORTABLE FEELING - REMOVAL

You need to be relaxed in order to remove your SOCH Cup.

If you meet some troubles when trying to remove your SOCH Cup, do not panic. Whilst your SOCH Cup is inside your vagina, it is maintained by your vaginal muscles. Tension will only make the removal more difficult.

The opening at the top of your vagina into the womb is the size of a pinhead. Thus, your SOCH Cup cannot be 'lost' and, due to its flexibility SOCH Cup cannot cause any damage.

It is necessary to be relaxed to remove your SOCH Cup, so take your time to relax and reread the 'HOW TO REMOVE YOUR SOCH Cup' section if you need. The squatting position makes easy the insertion and the removal of the SOCH Cup.

If you cannot reach your SOCH Cup, use your vaginal muscles to slide it down. To do so, a sequence of gentle and slow downward pushes is required. Whilst pushing, you can feel that your SOCH Cup is rising again, but after 5 to 8 pushes down, your SOCH Cup is going to start to slide down.

UNCOMFORTABLE FEELING - THE STEM

The stem does not have to be outside your vagina.

Most women think that the stem is too long.

The stem has been made to be cut to sit its extremity just inside your vagina.

Take the time to find the ideal length, as the entrance of your vagina will be irritated if the stem is too long.

Some women need to trim the stem totally. Be careful, and do it only if you feel able to remove your SOCH Cup without any stem.

If you feel any discomfort when sitting or walking, or if you feel that the SOCH Cup is pinching the opening of your vagina, feel free to trim the stem.

Diagram 6:

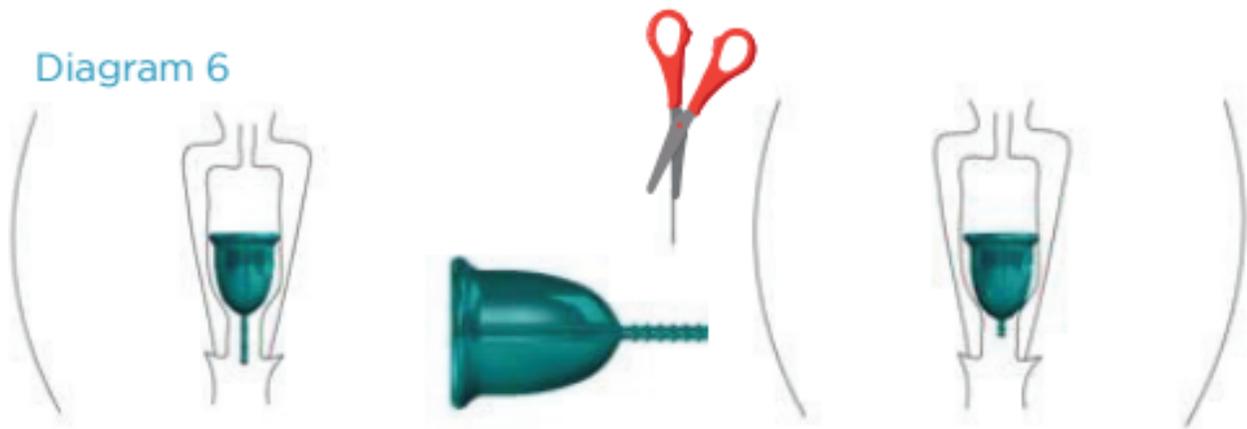
If the stem is outside your vagina, you need to trim it.

REMOVE your SOCH Cup before cutting the stem.

Use clean scissors or nail cutters.

Cut the stem step by step, and reinsert your SOCH Cup each time to check the length.

Diagram 6



UNCOMFORTABLE FEELING - LEAKAGE

- 1) **Position:** Most of the time, the SOCH Cup is not placed enough low into the vagina (refer to section 'SOCH Cup INSERTION').
- 2) **Stem:** Check that the stem of the SOCH Cup is trimmed according to your needs (refer to section 'UNCOMFORTABLE FEELING - THE STEM').
- 3) **Suction effect:** Check the SOCH Cup sticks correctly to your vaginal wall by:
 - Running your finger all around the side of the SOCH Cup, checking that it is fully open, or
 - Pinching the base of the SOCH Cup (not the stem) and rotating it, or
 - Clenching the SOCH Cup in your vaginal muscles. [Refer to Diagram 7](#)
- 4) **Size of the SOCH Cup :** If you are using a SOCH Cup of size 'S' which is constantly moving or leaking, you probably need to try the size 'L'.

Diagram 7



ADDITIONAL INFORMATION

The SOCH Cup has no influence on the vaginal secretions. Thus, you can wear it before your period as prevention, or during your period for light and profuse bleeding. To avoid being stressed while using the SOCH Cup for the first time, you may wish to wear a cloth pad or sanitary napkin.

You do not have to remove the cup when going to the toilets.

You can use the menstrual cup SOCH Cup in addition to contraceptive means such as coil. However, we advise you to consult your doctor in order to be sure that you can use both at a time, without any intervention.

For further information, problem or question, do not hesitate to check our website: www.sochgreen.com or to contact us by email at: care@sochgreen.com.

CAUTIONS

SOCH Cup is not a contraceptive.

SOCH Cup will not protect you against Sexually Transmitted Diseases (STDs).

Remove your SOCH Cup and contact your doctor if you experience symptoms such as general pain, burning, irritation, or any discomfort during urination.

It is not necessary to remove your SOCH Cup for urination or bowel movements, but you must remove it before intercourse.

We recommend to not sharing your SOCH Cup with another person.

Keep your SOCH Cup out of the reach of children and animals.

Toxic Shock Syndrome (TSS)

Menstrual cups are used since the 30's and they have never been associated to the Toxic Shock Syndrome. The TSS is considered as a serious disease, sometimes fatal. It is caused by a bacterial toxin associated with 'Staphylococcus aureus'. The TSS is often correlated to tampons.

TSS symptoms are similar to those of the flu, including: sudden fever ($>39^{\circ}\text{C}$), muscular pain, vomiting, headache, diarrhoea, dizziness, fainting, or rash rather like a sunburn.

If you experience one of these symptoms when using the SOCH Cup, remove it and contact immediately your doctor. If you have already suffer from TSS, ask your doctor advice before using SOCH Cup.

SUM UP

Could I wear SOCH Cup...

...before my periods?	✓	Yes, to prevent leakage.
...during my periods?	✓	Yes, empty SOCH Cup every 4 to 8 hours.
...when going to the bathroom?	✓	Yes, You can.
...when using a contraceptive mean such as coil?	?	We recommend asking your doctor.
...when doing sport?	✓	Yes, SOCH Cup is an effective protection.
...with abundant bleeding?	✓	Yes, you only need to empty SOCH Cup more often.
...at night, when sleeping?	✓	Yes, SOCH Cup is a real solution against leakage.
...when having sex?	✗	No, it is unadvised to wear SOCH Cup during penetration.
...if I have experienced or experience TSS symptoms?	?	We advise you to contact your doctor before use.