

1) [What is the FemmyCycle?](#)

As the name implies, **Femmy** means for women only and **Cycle** means we've created a new way to help you stay fresh, clean and confident during your menstrual cycle. The FemmyCycle is a unique, soft, medical grade silicone receptacle that collects menstrual flow for up to 12 hours.

2) [How does the FemmyCycle work?](#)

When folded, the FemmyCycle is shaped like a tampon making it easy to insert. Once inserted, it opens up to collect menstrual flow. You then simply remove it after 12 hours (or sooner depending on your flow) using the built-in removal ring.

3) [How do I know which FemmyCycle is right for me?](#)

When determining which model of the FemmyCycle is the correct one for your use, you need to find your cervix. To find the cervix, follow these instructions:

- Stand with one leg raised up on the toilet, much like you would when you're inserting a tampon. Insert your index finger into the vagina.
- If your finger is inserted as far as it will go and do not feel the cervix, you have a normal yet high cervix. The best choice for you would be the high cervix FemmyCycle or the regular.
- If your finger is inserted as far as it will go, and you can just touch your cervix, you have a normal average/medium cervix. The best choice for you is the regular FemmyCycle.
- If you can only insert your finger until the first or second knuckle, you have a normal yet low cervix. The best choice for you would be the low cervix model.

4) [What are the Measurements and Specifications of the FemmyCycle's Three Sizes?](#)

FemmyCycle Measurements and Specifications

Sizes	Diameter of the rim	Height without the removal ring	Height with the removal ring	Capacity
Teen	3.1 cm	3.8 cm	5.7 cm	17.5 mL
Regular	3.6 cm	4.3 cm	6.3 cm	30 mL
Low Cervix	3.6 cm	4.3 cm	5.0 cm	30 mL

The FemmyCycle menstrual cup is made of the purest medical grade silicone. It has no engraving in order to avoid any possibility of creating a place for bacteria or viruses to hide. The FemmyCycle is transparent and lacks any coloring to enhance visibility of residual menstrual fluid inside the cup.

Sterilization is only needed twice in a cycle: once before menstruation begins, and once after the period is complete. Sterilizing the FemmyCycle is easy. Simply submerge the menstrual cup in a solution of 10% white vinegar and 90% water for half an hour's time. Don't forget to rinse thoroughly after soaking. Be sure not to store near sunlight or UV light rays. It is best to keep the FemmyCycle in its carrying bag and in a cool, dry place.

With proper care, the FemmyCycle can last up to two years.

5) [How can I empty the FemmyCycle without putting my finger in the opening to lift the lid?](#)

Lift the lid with a Q-tip, then empty the cup and dispose of the Q-tip in the trash.

6) [Is the FemmyCycle easy to use?](#)

Yes! It's very easy to use with minimal instruction.

7) [How can I make insertion easier?](#)

Tuck one side in, and wrap the other side around to create the tulip (Origami) fold:



This should make rim smaller and insertion much easier than the C fold:



You may also use water to lubricate the rim.

8) [How can I prevent or minimize leakage?](#)

1. Empty the bladder, and if possible the rectum. This will provide room for the FemmyCycle and thus would feel more comfortable.

2. Close the rim of the FemmyCycle firmly and fold it into a tight U shape, or use the punch down, or the 7 fold.
3. Lubricate the rim with water-soluble lubricant.
4. Insert the FemmyCycle into the vagina very, very slowly with the opening of the U, or the punch down, or the 7 fold facing the back (the rectum).
5. You may also insert your finger between the back wall of the vagina and the opening of the U, punch down, or the 7 fold to allow some air to open the FemmyCycle more.

9) [Is the FemmyCycle easy to clean?](#)

Yes. Just empty the contents into the toilet and clean the FemmyCycle with liquid soap and warm water, then rinse thoroughly.

You should sterilize the FemmyCycle twice a month, before and after your period. Soak the FemmyCycle in 10% white vinegar and 90% water for 5 minutes, then rinse thoroughly.

10) [Did women who used the FemmyCycle overnight experience any leakage?](#)

Unlike tampons, the FemmyCycle is safe and effective for overnight use—so it protects your undergarments, pajamas and sheets while you sleep! So far, none of the women who used the FemmyCycle during eight hours of sleep reported leakage.

11) [Do blood clots obstruct the opening of the FemmyCycle lid?](#)

No, the blood in its fluid state can get into the hole of the lid even if it is folded. Soft blood clots get squeezed into the opening of the lid by the effect of vacuum inside the cup. Cleaning is very easy even with big clots.

12) [How is the FemmyCycle different from other menstrual cups?](#)

The FemmyCycle is radically different from ALL other menstrual cups available due to a unique lid that keeps the menstrual flow from spilling outside the vagina. And unlike all other menstrual cups, once it's inserted into the vagina, it unfolds automatically. With no holes at the rim and no need for any further manual adjustment—the FemmyCycle's intuitive design does it for you. Please see [FemmyCycle Photos](#).

13) [What is the size and holding capacity of the FemmyCycle?](#)

Measuring about 2" x 1.5" (5 cm x 4 cm), the FemmyCycle holds .5 oz - 1 oz. (15 cc-30 cc) of menstrual fluid. Given that the average menstrual flow during an entire period is about 1-1.5 oz (30-45 ml), the FemmyCycle can effectively collect the menstrual flow of most women for up to 12 hours. Finally, the FemmyCycle is specially designed to conform to each woman's body, so one size fits almost all ages.

14) [Will I feel the FemmyCycle while using it?](#)

No. When inserted properly, the FemmyCycle is as comfortable and discreet as a tampon.

15) [Can I use the FemmyCycle if I am also using an IUD?](#)

Yes. It's safe and effective for use with an IUD.

16) [If I have a low cervix can I use the FemmyCycle?](#)

If the distance between the vaginal opening and your cervix is less than 2 inches, then it will be difficult to use the FemmyCycle. The FemmyCycle needs at least 2 inches below the cervix to collect your menstrual flow. How can you tell if you have a low cervix? Just measure the distance between the vaginal opening and the cervix. If it is less than 2 inches then you have a low cervix. **Note: we are currently manufacturing a FemmyCycle for women with a low cervix**

17) [Does the FemmyCycle fit below the cervix?](#)

Yes. The FemmyCycle rests below the cervix and stays firmly in place during use, so there is NO risk of the cervix contacting the FemmyCycle.

18) [How to Prevent and Release Suction of the FemmyCycle?](#)

At the time of menstruation, it is only natural that the cervix becomes lower. It is a rare occurrence for the cervix to be latched on by suction from the FemmyCycle. The FemmyCycle should sit BELOW the cervix WITHOUT touching it.

To prevent suction to the cervix, we recommend you stop pushing once the removal ring has entered the vaginal opening. However, if suction does happen to occur, grip the bottom of the cup and squeeze it. The cup will release and break suction, easing removal and allowing you to gently pull it out.

19) [Will I notice odor when I'm wearing the FemmyCycle?](#)

No. You won't notice odor and neither will anyone else.

20) [Why does the FemmyCycle come in a twin pack?](#)

The FemmyCycle is designed to collect your flow for up to 12 hours, so you can usually plan on changing it in the privacy of your own bathroom. But we all know how unpredictable periods can be! If you do need to change the FemmyCycle when you're on the go, the second cup allows you to do so in a public restroom without leaving the stall. A clean, breathable washable bag is also included with your kit to help you use and store the FemmyCycle anytime, anywhere.

21) [Why do I need to replace the FemmyCycle each year while other menstrual cups can last up to 10 years?](#)

The package of the Femmycycle has two cups so it should last more than 2 years. The FemmyCycle cup is made from very soft, thin silicone to ensure comfort and ease of use. Its lid is even thinner, so wear and tear from opening and closing the lid limits product use to one to two years depending on the user. It's also well established that some yeast and/or fungal organisms can grow on silicone devices and cause persistent yeast infections. Using a new FemmyCycle each year will minimize the possibility of fungal growth. And even with yearly replacement, the FemmyCycle is still more economical and environmentally friendly than pads or tampons.

22) [Are the instructional diagrams and animation for inserting and removing the FemmyCycle realistic?](#)

They are as realistic as possible given that the vagina is collapsed at rest. In addition, the shape and dimensions of the vagina differ from woman to woman and even in the same woman at different stages of her life. For these reasons, drawings used to simplify the instructions are not 100 percent realistic. Still, viewing the instructional diagrams and animation should give you all the information you need for easy insertion and removal.

23) [Can I have intercourse while wearing the FemmyCycle?](#)

Not penetrative intercourse, however you may enjoy cleaner non-penetrative intercourse when using the FemmyCycle.

24) [Where can I purchase the FemmyCycle?](#)

The FemmyCycle is available at HPSRx Enterprises 1-800-850-1657 for clinics or businesses. If you are a consumer you may contact Springer Pharmacy 1-804-737-6049 to order.

25) [Can I return the FemmyCycle if I cannot learn how to use it?](#)

The FemmyCycle is easy to use. If you can use tampon you should be able to use the FemmyCycle. This is an intimate device and thus our return policy prohibits returns.

26) [How can I get the FemmyCycle to open more?](#)

1. Empty the bladder, and if possible the rectum. This will provide room for the FemmyCycle and thus would feel more comfortable.
2. Close the rim of the FemmyCycle firmly and fold it into a tight U shape, or use the punch down, or the 7 fold.
3. Lubricate the rim with water-soluble lubricant.
4. Insert the FemmyCycle into the vagina very, very slowly with the opening of the U, or the punch down, or the 7 fold facing the back (the rectum).
5. You may also insert your finger between the back wall of the vagina and the opening of the U, punch down, or the 7 fold to allow some air to open the FemmyCycle more.