

# Warnings

## TOXIC SHOCK SYNDROME (TSS)

Toxic Shock Syndrome (TSS) is a rare, life-threatening condition linked to prolonged tampon use.

While menstrual discs are generally safe,

**leaving one in for over 12 hours may increase risk.**

If you experience high fever, vomiting, diarrhea, dizziness, fainting, or a rash while using PapayaCup, discontinue use and seek medical advice immediately.

- This Menstrual Disc **is not a contraceptive and does not prevent pregnancy or sexually transmitted infections.**
- Discontinue use and consult a doctor if you experience any pain or discomfort.
- **Use the disc for no more than 12 consecutive hours.**
- You do not need to remove your PapayaDisc to urinate or defecate.
- It is intended for menstruation only.
- Keep it out of reach of children and animals.
- If you have difficulty removing the disc, remain calm, squat, and gently grasp the retrieval tab. If multiple attempts fail, seek medical attention.  
**The disc cannot be lost inside you.**

# Sizes & Comfort



45 ml

Low cervix  
Under 30 years old  
Cesarean birth

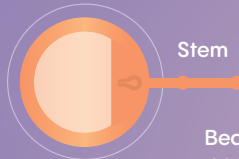


60 ml

High cervix  
Over 30 years old  
Natural birth

## 100% Medical-Grade Silicone

Leak-Proof



Beads for  
easy grip

Menstrual Disc  
**PapayaCup®**



## User Manual



Other  
languages

@papayacup  
papayacup.com

# How to use Before



## Sterilization

To sterilize your menstrual disc, add half a cup of water to the sterilizer, insert the disc, microwave for 3 minutes, and let it cool completely to avoid burns.

**Caution:** the sterilizer may become hot.



## Folding

Fold the disc by pressing the sides together.



## Inserting

Get in a comfortable position and insert the folded disc like a tampon. Gently adjust it until it feels comfortable and secure.

# How to use After



## Removing

Pull the stem gently with clean fingers. Once it shifts, pinch the front of the rim to keep it level and remove it gently to avoid spilling.



## Rinsing

Empty your disc and rinse it with water. If your period has not ended, reinsert it.



## Cleaning & Resoring

When your period is over, sterilize it before storing it in your PapayaCup bag.

# Cycle of usage

