

MINA FAQ continued

Will the menstrual fluid leak if I use the cup?

MINA is leakage free. MINA will leak only if she is not inserted well. Remember MINA needs to be fitted into the vagina correctly.

Can I do all sorts of activities with the cup? I.e. Sports, Sleeping, Swimming?

Yes, when inserting MINA into the vagina, the holes on either side create a suction that secures MINA, allowing you to be more active.

Can the cup sustain heavy flow menstruation?

Yes, this just means you'll have to monitor your flow more regularly than others. That is, after every 3-4 hours.

How will I know when the cup is full?

Some females feel a bubble-like effect that indicates that MINA may be full or a light pull down effect.

Does the insertion of the cup affect my virginity?

Virginity is the complete absence of sexual interaction. Virginity has nothing to do with periods. In other words, sanitary products like MINA, do not break one's virginity

Why do I get periods pains?

Hormones play a crucial role, as they communicate messages to the body to allow different positive reactions. Period pains are sometimes caused because the body is reacting to certain responses. For example, hormones such as oestrogen prompt the egg to move through fallopian tube. This may explain why women feel craps around the lower abdomen.

How long is the cup durable?

MINA lasts for up to 5 years. When inserted into the vagina, she lasts for 6-8 hours and sometimes longer, depending on one's menstrual flow.

How do I clean MINA?

MINA is FDA Approved, 100% Medical Graded Silicone makes her easy to clean:

For first-time usage & after every cycle: Boil MINA for 5 minutes and insert her into the vagina after cooling off or store her inside PET container.

In-between Menstruation-cycle: Rinse MINA or wipe with a clean tissue.

Does 1 size fit all?

MINA Mini size does fit all, although for some women a regular cup is preferred.

Can I use MINA as a contraceptive?

No, MINA is purely a menstrual cup that collects fluid.

Can I use MINA with an IUD?

Yes, the IUD is a contraceptive, it does not however, stop one from menstruating.

If I have a high cervix, which size should I use?

We recommend that one uses the 43(w)-72(h) mm MINA.

Can MINA fall out and how does it stay in position?

No, MINA has two holes on either side, this creates a vaginal suction when inserted. This means that MINA will be secure, until you are ready to release her, by simply pinching the lower quarter of the cup to release air and suction.

Can MINA get stuck?

No, if you find that your MINA has slightly gone higher into the vaginal canal, simply relax, push down and find the stem; thereafter, releasing MINA.

Is MINA painful to use?

If inserted incorrectly, it may feel slightly uncomfortable for first time users but she does not inflict pain.

How do I know if MINA is inserted correctly?

If MINA is not inserted correctly, this may present discomfort and menstrual fluid leakage. Ensure that MINA has been popped open, as you may feel the suction.

Into which part of the genital area should MINA be inserted?

Women have three external genital organs: the anus, opening of the vagina and the opening of the urethra. MINA should be inserted at the opening of the vagina (the genital organ that is centred).