

Menstrual Cups

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Abstract

A menstrual cup is a menstrual hygiene tool which is inserted into the vagina in the course of menstruation. Its motive is to accumulate menstrual fluid (blood from the uterine lining mixed with different fluids). Menstrual cups are typically product of flexible medical grade silicone, latex, or a thermoplastic isomer. They are formed like a bell with a stem or a hoop. The stem is used for insertion and elimination, and the bell-formed cup seals against the vaginal wall simply below the cervix and collects menstrual fluid. This is unlike tampons and menstrual pads, which take in the fluid rather every four 12 hours (relying on the quantity of float), the cup is eliminated, emptied, rinsed, and reinserted. After every period, the cup requires cleaning. One cup may be reusable for up to 10 years, making their lengthy term value decrease than that of disposable tampons or pads, although the initial price is higher. As menstrual cups are reusable, they generate less strong waste than tampons and pads, each from the goods themselves and from their packaging maximum menstrual cup manufacturers promote a smaller and a larger length. A few menstrual cups are bought colorless and translucent, but several manufacturers also offer coloured cups.

Keywords: Uterus; Vagina; Hydrogen Peroxide; Tampons; Silicon.

INTRODUCTION

Menstrual cups typically do not leak if used well, even though incorrect placement or insufficient cup size can cause some ladies to enjoy leakage. Menstrual cups are a secure opportunity

to other menstrual merchandise; chance of toxic surprise syndrome contamination is similar or less with menstrual cups in comparison to pads or tampons.

USES

The menstrual cup is first folded or pinched and then inserted into the vagina. It's going to commonly spread routinely and create a light seal in opposition to the cervix. In some cases, the user may additionally need to curve the cup or flex the vaginal muscles to make certain the cup is fully open. If correctly inserted, the cup have to not leak or reason any soreness. The stem must be

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completely within the vagina. If it isn't always, the stem may be trimmed. There are numerous folding techniques for insertion; common place folds consist of the c-fold, in addition to the punch down fold.

If lubrication is vital for insertion, it ought to be water based totally, as silicone lubricant can be adverse to the silicone.

After four 12 hours of use (depending on the amount of drift), the cup is removed through accomplishing as much as its stem to discover the base. Honestly pulling on the stem is not recommended to take away the cup, as this can create suction. The bottom of the cup is pinched to launch the seal, and the cup is eliminated. After emptying, a menstrual cup must be rinsed or wiped and reinserted. it is able to be washed with a mild cleaning soap, and sterilized in boiling water for a few minutes on the cease of the cycle. As a substitute, sterilizing solutions (typically advanced for baby bottles and breast pump device) may be used to soak the cup. Precise cleaning commands range by emblem.

ADVANTAGES

- When the usage of a menstrual cup, the menstrual fluid is accumulated after it flows from the cervix and is held in liquid form. With tampons, liquid is absorbed and held in semi-coagulated shape against the cervix.
- If a consumer desires to music the amount of menses produced (e.g., for scientific motives), a menstrual cup lets in one to accomplish that correctly.
- Users rent approximately 1-2 liters of water to clear menstrual cups.

TYPES

Menstrual cups are generally bell shaped, with some exceptions. Most brands use scientific grade silicone as the fabric for the menstrual cup, although latex and thermoplastic elastomer also are options. Menstrual cups made from silicone are usually designed to closing for 1 five years.



Fig. 1: Size, Shape and Flexibilty

The majority of menstrual cups on the market are reusable, rather than disposable.

maximum menstrual cup manufacturers sell a smaller and a larger length. The smaller length is commonly encouraged for ladies under 30 or girls who've no longer given delivery vaginally. The larger length is commonly encouraged for ladies over 30 or have given start vaginally, or have a heavy glide. U.S. with even smaller sizes are encouraged for teenagers, in addition to girls and ladies who are greater bodily healthy, as those with stronger pelvic ground muscle tissue may additionally find a large cup uncomfortable. If the cervix sits particularly low or is tilted, a shorter cup can be more appropriate. Capacity is crucial for ladies who've a heavier flow. Menstrual cup ability varies by length. About, small length cups hold 15-

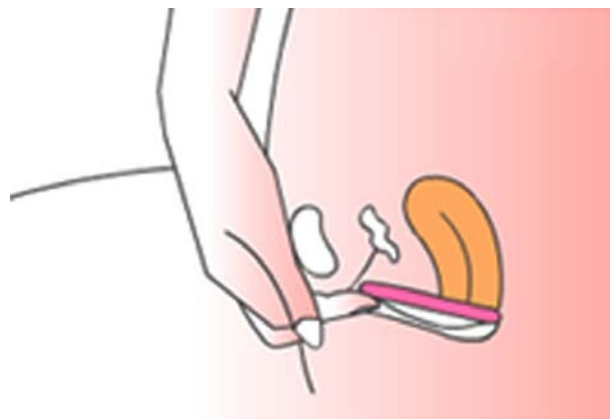


Fig. 2: Inserting a disposable menstrual disc

25 ml, medium size cups hold 20-30 ml, and huge cups preserve 30-forty ml.

COLOR

The silicone of which maximum brands of cups are produced is evidently colorless and translucent. numerous manufacturers offer colored cups in addition to, or as opposed to the colorless ones. Translucent cups lose their initial look faster than coloured they generally tend to get yellowish stains with use. The color of a colored cup may also alternate through the years, even though stains are frequently not as obvious on colored cups. Stains on any coloration of the cup can regularly be eliminated or at the least lightened through soaking the cup in diluted hydrogen peroxide and/ or leaving it out inside the sun for some hours.

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