KuuCup™

What is a menstrual cup?

Menstrual cups are made of medical-grade silicone and designed to fit perfectly inside your vagina. You use it during your period to collect (instead of absorb) your menstrual fluid. The rim creates a seal against the wall of your vagina to avoid leaks. You can wear a menstrual cup for up to 12 hours before removing it and tipping out the contents. Once removed you simply tip out the blood, rinse with warm, clean water and put it back in!

Once you become accustomed to the process it's pretty painless and you can reuse month after month. If you take good care of your cup it will last for years and years.

KuuCup is shaped like a bell and can hold 30-40ml of menstrual fluid (depending on which size you choose). This is equivalent to 6-8 regular tampons!!! We have found the short, round shape of KuuCup along with our short round stem, makes wearing a cup during sports more comfortable and maximises fluid collection for a leak proof experience!

