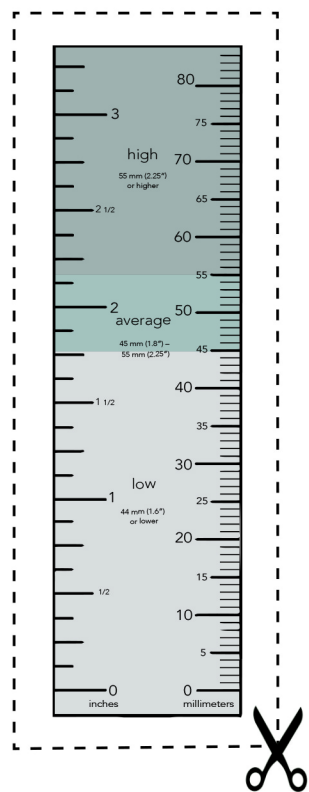


PRINTABLE RULER AND CERVIX MEASUREMENT GUIDE

Visit putacupinit.com/cervix-ruler for full guide on how to use this tool and measure your cervix

PUTACUPINIT.COM



Step 1: Wash your hands

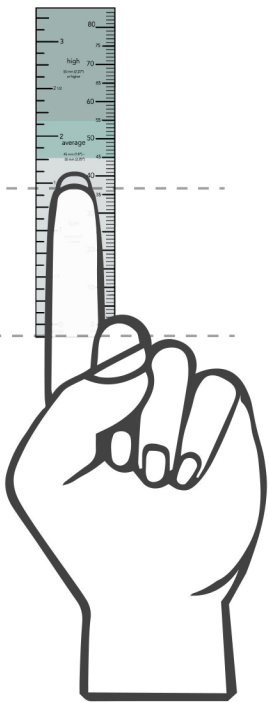
Step 2: Insert a finger into the vagina and feel for the cervix (feels like the tip of your nose)

Step 3: Use a thumb to mark place or remember how much of your finger was inside

Step 4: Align printed ruler base to how far down your finger was inside, measure to tip of finger

Tips: Measure on the first and last day of your period and select a cup that will fit even on your lowest cervix day- remember- the cervix moves throughout the cycle. If you're new to menstrual cups, take your new measurement of "low," "average," or "high" and then take our quiz. When you answer the question about your cervix height, you now know which category you fall into.

If you're trying to find a cup that fits and are a more experienced cup user, use our menstrual cup comparison chart and sort by length, then look for cups with measurements that fit at or are shorter than your cervix height. Be mindful that you are considering the measurement that fits with or without the stem based on your preference.



To check that our ruler has printed at the correct size you can compare a coin to these below. If the coins match up your ruler above has printed correctly. This is handy if you don't have a ruler at home.

