

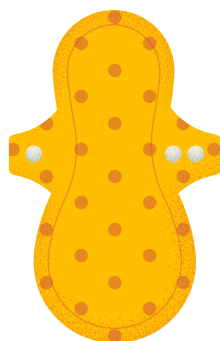
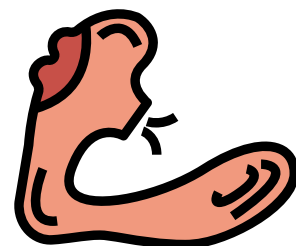
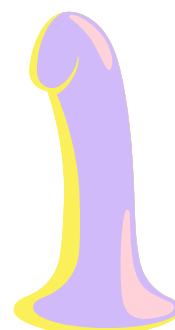
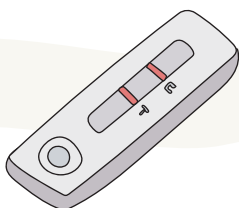
# UBC Wellness Centre Sexual Health Shop

## Cleaning/Instructional Guides

Last updated January 2025

### Table of Contents:

1. Dildos
2. Plastic/Rubber Vibrators
3. Silicone Vibrators
4. Masturbation Sleeves
5. C-rings
6. Anal Toys
7. Menstrual Products
8. Pregnancy Tests



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# All Dildos

## Cleaning Guide for Dildos

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### Tips on usage:

- All of our dildos are waterproof, silicone, & compatible with strap-on harnesses. Some dildos may have a suction base.
- Safe for vaginal and anal play. Toys with flared bases are safe for anal insertion.
- Silicone toys are not compatible with silicone-based lubricant, as it can degrade the toy. The toy is safe for use with water-based lubricant.
- If sharing a toy, consider using condoms as a barrier to prevent spread of STIs. Make sure to use a new condom when switching toy to another person.
  - Note: latex condoms are not compatible with oil-based lubricants, as oil degrades latex and will cause the condom to break.
- It's a good idea to check your sex toys for imperfections like rough seams, cracks, or tears. These imperfections can harbour bacteria and/or cause harm to your body.

### Tips for cleaning:

- Washing with mild soap and water is sufficient for cleaning in most cases.
- Deeper cleaning can be done with toy cleaners or by boiling the toy. To boil, submerge toy in a pot of water for 3 minutes. Let air dry. Do not rinse the toy with cold water as extreme temperature change may stress the material of the toy.

### Tips for storage:

- Store in a breathable (not plastic) protective pouch in a cool, dark, and dry place.

Want to learn more? Consider exploring the following links:



**How to Clean and Store  
a Sex Toy**  
[nytimes.com/wirecutter  
/guides/how-to-clean-  
sex-toys/](https://nytimes.com/wirecutter/guides/how-to-clean-sex-toys/)



**What are strap-on toys?**  
[comeasyouare.com/blogs/sex-  
information/learn-about-strap-  
on-harnesses\)](https://comeasyouare.com/blogs/sex-information/learn-about-strap-on-harnesses)



**Sex Toy Materials & Lube**  
[comeasyouare.com/blogs/sex-  
information/learn-about-sex-toy-  
materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

# Plastic Vibrators

## Plastic Vibrator: Gaia Eco Rechargeable Bullet

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Splash-proof vibrator with 10 speeds. For external use.

### Tips on usage:

- Starch-based bioplastic - non-porous, biodegradable, and recyclable
- Water-based lubricants are safe to use with condoms and dams, silicone and oil-based lubricants can damage condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical area. Do not fully submerge.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

Want to learn more? Consider exploring the following links:



### How to Clean and Store a Sex Toy

[nytimes.com/wirecutter/guides/how-to-clean-sex-toys/](https://www.nytimes.com/wirecutter/guides/how-to-clean-sex-toys/)



### Sex Toy Materials & Lube

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

# Rubber Vibrators

## Rubber Vibrator: Gaia Eco Love

Waterproof vibrator with 5 speeds and 5 patterns. For external/internal use.

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### Tips on usage:

- Made of body safe latex free natural rubber and plant-based bioplastic.
- Water-based lubricants are safe to use with condoms, dams, and toys. Oil-based lubricants can damage condoms and the rubber of the toy.
- Wash with mild soap and water, do not boil!
- Take the sleeve out for easier wash of both vibrator and cover
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

## Rubber Vibrator: Gaia Eco Delight

Waterproof vibrator with 5 speeds and 5 patterns. For external/internal use.

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### Tips on usage:

- Made of body safe latex free natural rubber and plant-based bioplastic.
- Water-based lubricants are safe to use with condoms, dams, and toys. Oil-based lubricants can damage condoms and the rubber of the toy.
- Wash with mild soap and water, do not boil!
- Take the sleeve out for easier wash of both vibrator and cover
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

Want to learn more? Consider exploring the following links:



### How to Clean and Store a Sex Toy

[nytimes.com/wirecutter/guides/how-to-clean-sex-toys/](https://nytimes.com/wirecutter/guides/how-to-clean-sex-toys/)



### Sex Toy Materials & Lube

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

# Silicone Vibrators

## Silicone Vibrator: Satisfyer Pro To Go 2

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Waterproof vibrator with 11 air-pulse wave intensities + 12 vibration programs. For external use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

## Silicone Vibrator: OG Lick Clitoral Dual Stimulation

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Remote controlled waterproof vibrator with 10 vibration modes & 7 licking modes. For external and internal use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

## Silicone Vibrator: G-Spot Clitoral Sucking Dual Vibrator

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Waterproof sucking vibrator with multispeed and frequency settings. For external and internal use.

### Tips on usage:

- **Note:** the "sucking" function will work best when the additional suction wrap provided is aligned with the tapping section on the head of the product.
- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Detach suction wrap and clean individually. Clean with mild soap and water, do not boil! Careful of any water entering electrical area. Do not fully submerge for a long time.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

# Silicone Vibrators

## Silicone Vibrator: INYA Rita Vibrator



Waterproof vibrator with 10 settings. For internal and external use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

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## Silicone Vibrator: Mega Dildo Vibrator



Waterproof silicone vibrator with 9 settings. For external and internal use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

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## Silicone Vibrator: INYA Oh My G



Water-resistant vibrator with a bulbous head for G-spot stimulation. For internal and external use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

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# Silicone Vibrators

## Silicone Vibrator: Tracy's Dog Purple Vibe

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Waterproof vibrator with 3 speeds and 5 vibrating modes. For internal and external use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

## Silicone Vibrator: INYA Ruse



Waterproof vibrator with 4 speeds and 6 frequency settings. For external and internal use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.

## Silicone Vibrator: Tracy's Dog Rose

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Splash-proof vibrator with 7 pulse modes. For external use.

### Tips on usage:

- Water-based lubricants are safe to use with condoms and dams, silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Wash with mild soap and water, do not boil! Careful of any water entering electrical areas.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a new condom or dental dam when switching toy to another person.
- Always check for imperfections like rough seams, cracks, or tears before using toy as it can hold bacteria or cause harm to your body.
- Store in a breathable (not plastic) protective pouch, in a cool, dark, dry place.



# Silicone Vibrators

Want to learn more? Consider exploring the following links:



## **How to Clean and Store a Sex Toy**

[nytimes.com/wirecutter/guides/how-to-clean-sex-toys/](https://www.nytimes.com/wirecutter/guides/how-to-clean-sex-toys/)



## **Sex Toy Materials & Lube**

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

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# Masturbation Sleeves

## Masturbation Sleeves: Tenga 3D Spiral/Zen/Polygon



Masturbation sleeve. Lubricate the opening of the Tenga 3D sleeve and the penis, insert, and masturbate as usual. Made from antibacterial elastomer, each with a different internal structure for a variety of great experiences to stimulate the penis.

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### Tips on usage:

- Elastomer is soft and porous so wash often as it can hold onto bacteria.
- Best used with **water-based lubricants only**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricants and oil-based lubricants can damage the elastomer material of the toy. Oil-based lubricants can also damage latex condoms. **Do not boil!**
- Invert the product inside out and wash with mild soap under warm water; air dry inside-out on stand provided.

## Masturbation Sleeves: Tenga Egg



Masturbation egg. Lubricate the opening of the Tenga Egg and the penis, insert, and masturbate as usual. Made from antibacterial elastomer, each with a different internal structure for a variety of great experiences to stimulate the penis.

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### Tips on usage:

- Elastomer is soft and porous so wash often as it can hold onto bacteria.
- Best used with **water-based lubricants only**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricants and oil-based lubricants can damage the elastomer material of the toy. Oil-based lubricants can also damage latex condoms. **Do not boil!**
- Invert the product inside out and wash with mild soap under warm water; air dry inside-out.

Want to learn more? Consider exploring the following links:



### What are Masturbation Sleeves?

[comeasyouare.com/blogs/sex-information/learn-about-masturbation-sleeves](https://comeasyouare.com/blogs/sex-information/learn-about-masturbation-sleeves)



### Sex Toy Materials & Lube

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

# C-Rings

## Silicone C-Rings: Firefly Halo - Glow in the Dark C-Ring

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### Tips on usage:

- Pure silicone is non-porous and easier to keep clean.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Clean with mild soap and warm water.
- Let air dry and store in cool, dry place away from lint and dust.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a **new** condom or dental dam when switching toy to another person.

## Silicone C-Ring: Satisfyer Rocket Ring

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Vibrating waterproof c-ring with 10 modes designed for clitoral stimulation and prolonged erection.

### Tips on usage:

- Pure silicone is non-porous and easier to keep clean.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Clean with mild soap and warm water.
- Let air dry and store in cool, dry place away from lint and dust.

## Silicone C-Ring: Satisfyer Power Ring

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### Tips on usage:

- Pure silicone is non-porous and easier to keep clean.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Clean with mild soap and warm water.
- Let air dry and store in cool, dry place away from lint and dust.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a **new** condom or dental dam when switching toy to another person.

# C-Rings

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## Silicone C-Rings: Tantus Soft Silicone C-Ring



### Tips on usage:

- Pure silicone is non-porous and easier to keep clean.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Clean with mild soap and warm water.
- Let air dry and store in cool, dry place away from lint and dust.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a **new** condom or dental dam when switching toy to another person.

Want to learn more? Consider exploring the following links:



### What are C-Rings?

[comeasyouare.com/blogs/sex-information/learn-about-rings](https://comeasyouare.com/blogs/sex-information/learn-about-rings)



### Sex Toy Materials & Lube

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

# Anal Toys

## Anal Toys: Colours Plug

100% silicone, non-vibrating.

### Tips on usage:

- **Before usage**, check toy to make sure it is seamless, with no sharp edges, rough pointy bits, or anything that can easily come off. Tissue of the rectum is much more easily torn, and even the smallest tear can cause serious problems.
- All anal toys will have a wide **flared base**, or ring, or something significantly big enough to prevent it from being drawn up into the rectum (otherwise a suction-like effect will draw the object up the rectum).
- To clean, boil for 3-5 minutes or use anti-bacterial soap and water and air/pat dry.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms. Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a **new** condom or dental dam when switching toy to another person.



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## Anal Toys: Satisfyer Love Beads

Silicone anal beads, non-vibrating.

### Tips on usage:

- **Before usage**, check toy to make sure it is seamless, with no sharp edges, rough pointy bits, or anything that can easily come off. Tissue of the rectum is much more easily torn, and even the smallest tear can cause serious problems.
- All anal toys will have a wide **flared base**, or ring, or something significantly big enough to prevent it from being drawn up into the rectum (otherwise a suction-like effect will draw the object up the rectum).
- To clean, boil for 3-5 minutes or use mild soap and water and air/pat dry.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.



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## Anal Toys: Platinum The Minis Bubble Small

100% silicone, non-vibrating.

### Tips on usage:

- **Before usage**, check toy to make sure it is seamless, with no sharp edges, rough pointy bits, or anything that can easily come off. Tissue of the rectum is much more easily torn, and even the smallest tear can cause serious problems.
- All anal toys will have a wide **flared base**, or ring, or something significantly big enough to prevent it from being drawn up into the rectum (otherwise a suction-like effect will draw the object up the rectum).
- To clean, boil for 3-5 minutes or use mild soap and water and air/pat dry.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.



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# Anal Toys

## Anal Toys: Firefly Contour Plug - Medium Size

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100% silicone, non-vibrating, glow in the dark.

### Tips on usage:



- **Before usage**, check toy to make sure it is seamless, with no sharp edges, rough pointy bits, or anything that can easily come off. Tissue of the rectum is much more easily torn, and even the smallest tear can cause serious problems.
- All anal toys will have a wide **flared base**, or ring, or something significantly big enough to prevent it from being drawn up into the rectum (otherwise a suction-like effect will draw the object up the rectum).
- To clean, use anti-bacterial soap and water and air/pat dry.
- Best used with **water-based lubricants**. Water-based lubricants are safe to use with condoms, dams, and toys. Silicone lubricant can damage the material of the toy, and oil-based lubricants can damage latex condoms.
- Use condoms and dental dams as a barrier to prevent spread of STIs if sharing toy.
- Use a **new** condom or dental dam when switching toy to another person.

Want to learn more? Consider exploring the following links:



### How to Clean and Store a Sex Toy

[nytimes.com/wirecutter/guides/how-to-clean-sex-toys/](https://www.nytimes.com/wirecutter/guides/how-to-clean-sex-toys/)



### Sex Toy Materials & Lube

[comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials](https://comeasyouare.com/blogs/sex-information/learn-about-sex-toy-materials)

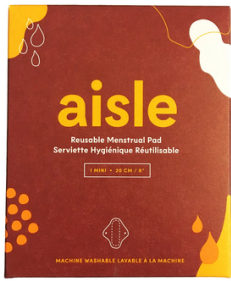


### Anal toys

[comeasyouare.com/blogs/sex-information/learn-about-anal-toys](https://comeasyouare.com/blogs/sex-information/learn-about-anal-toys)

## Aisle: Reusable Mini Pad

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Cotton reusable menstrual pad. 8" x 2.75" best for people with lighter flows.

### Tips on wear:

Snap the wings around your underwear (tag side down and toward the back).

### Tips on cleaning:

- Rinse in cool water, then wash and dry with regular laundry
- Wash with like colors, dryer safe
- Avoid:
  - Bleach or fabric softener - decreases pad lifespan
  - Soaking for long times in water - leads to bacterial growth
  - Hydrogen peroxide and oxygen bleach products - harsh on natural fibers
- Hand Washing: use a small amount of clothing detergent and rinse well (dish soap or hand soap will leave residue behind)

For more information and frequently asked questions, please check the back



## Aisle: Reusable Maxi Pad

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Cotton reusable menstrual pad. 10" x 3" best for people with heavier flows.

### Tips on wear:

Snap the wings around your underwear (tag side down and toward the back).

### Tips on cleaning:

- Rinse in cool water, then wash and dry with regular laundry
- Wash with like colors, dryer safe
- Avoid:
  - Bleach or fabric softener - decreases pad lifespan
  - Soaking for long times in water - leads to bacterial growth
  - Hydrogen peroxide and oxygen bleach products - harsh on natural fibers
- Hand Washing: use a small amount of clothing detergent and rinse well (dish soap or hand soap will leave residue behind)

For more information and frequently asked questions, please check the back



## Aisle: Reusable Liners

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Cotton reusable liners. Light flow or daily leaks.

### Tips on wear:

Snap the wings around your underwear (tag side down and toward the back).

### Tips on cleaning:

- Rinse in cool water, then wash and dry with regular laundry
- Wash with like colors, dryer safe
- Avoid:
  - Bleach or fabric softener - decreases pad lifespan
  - Soaking for long times in water - leads to bacterial growth
  - Hydrogen peroxide and oxygen bleach products - harsh on natural fibers
- Hand Washing: use a small amount of clothing detergent and rinse well (dish soap or hand soap will leave residue behind)

For more information and frequently asked questions, please check the back



Want to learn more? Consider exploring the following links:



**Reusable pads FAQ**  
[periodaisle.ca/a/help/category/8055](https://periodaisle.ca/a/help/category/8055)



**How To Fold & Wash your  
Aisle Reusable Pad**  
[youtu.be/OSTXZFV8ibo?  
si=xWnmjKfLWnMnVWDV](https://youtu.be/OSTXZFV8ibo?si=xWnmjKfLWnMnVWDV)



## Diva Cup: Model 2 Menstrual cup

### Tips on insertion & removal:

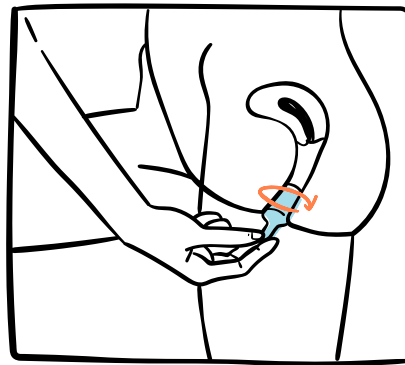
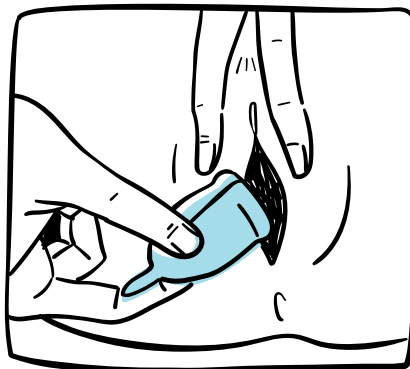
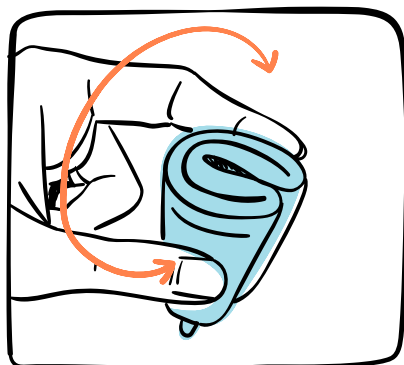
- Wash your hands with soap before and after inserting and removing the menstrual cup.
- A little water-based lube can help make insertion easier.
- To insert: pinch the cup to create a U-shape. Using your thumb and forefinger, push the folded cup into your vagina. Once in, hold the base (not stem) of the cup and rotate it 360 degrees to create a seal.
- Removal: push side of cup inwards (creating a U-shape) to break the seal. Then remove.

For more information, instructional videos and frequently asked questions, visit:

<https://divacup.com/>



**Diva Cup Video  
Tutorial**



As with any insertable menstrual product, there is a very slight risk of Toxic Shock Syndrome (TSS). DivaCup advises against using this product if you have had TSS before. For safe usage, follow instructions included with the product and see your doctor if you have any concerns.

## Fun Cup: Size A Menstrual cup

### Tips on insertion & removal:

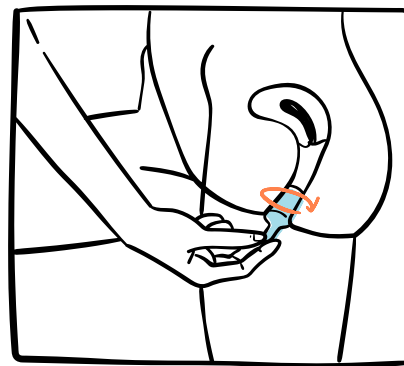
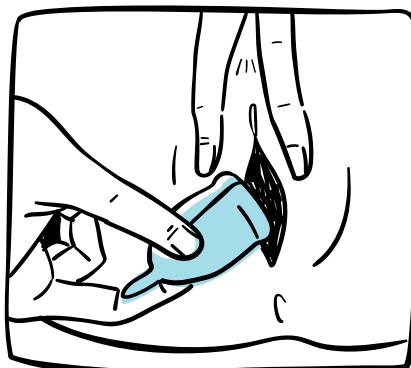
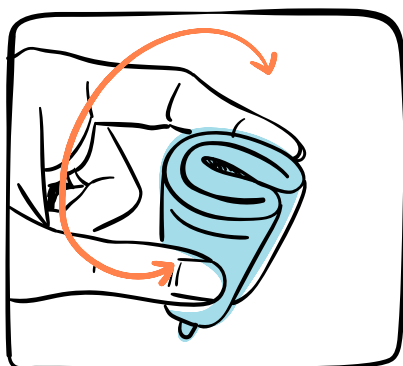
- Wash your hands with soap before and after inserting and removing the menstrual cup.
- A little water-based lube can help make insertion easier.
- To insert: pinch the cup to create a U-shape. Using your thumb and forefinger, push the folded cup into your vagina. Once in, hold the base of the cup and rotate it 360 degrees to create a seal.
- Removal: push side of cup inwards (creating a U-shape) to break the seal. Then remove.

For more information, instructional images and frequently asked questions, visit:

<https://thefuncup.com/>



**Fun Cup Video  
Tutorial**



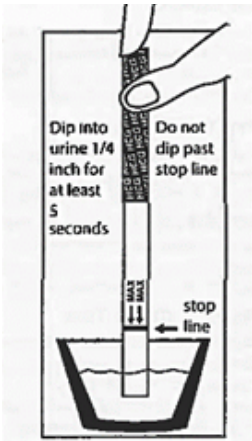
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## PREGNANCY STRIP TEST

### Instructions

You can take a pregnancy test any time after your period is late. Test results are most accurate 3 or more weeks after unprotected vaginal intercourse. Pregnancy tests can be performed at any time of the day. However, testing first thing in the morning is recommended because the concentration of hCG (a hormone produced in early pregnancy) in urine is highest in the morning.

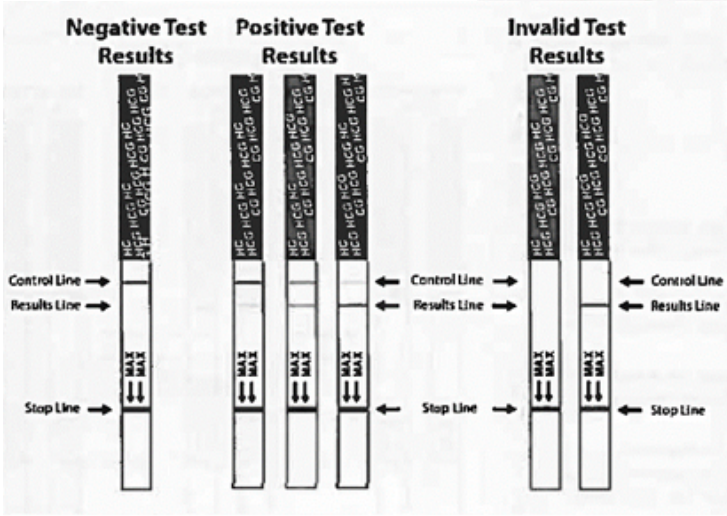
1. Urinate into a clean, dry cup or container.
2. Remove the test strip from the pouch.
3. Hold the test strip in a vertical position with the arrows pointing downward. Dip the test into the urine approximately 1/4 inch and hold it there for at least 5 seconds. Do not dip past the stop line.
4. Remove the test strip and lay it down flat. Check your test after 10 minutes.



### Reading Your Results

You may notice a colored solution moving across the test strip. This is normal. You need to wait 10 minutes to confirm the result. The test should not be evaluated after 30 minutes.

1. Check for the presence of the control line. If a line does not appear in the control window, the test is invalid. If there is no line, discard the test and take a new test. If the control line is present, proceed to step 2.
2. If the control line is the only line on the test, the test is negative (not pregnant).
3. If the control line is present with an additional testing line, the test is positive (pregnant). The test is still positive even if the lines are very light or faint. Consider verifying your results with a doctor.



## PREGNANCY DROPPER TEST

### Instructions

\*You can take a pregnancy test any time after your period is late. 3 weeks after sex is the best bet for accurate results.

1. Remove the test from its sealed pouch by tearing from the notch, and place it on a clean, level surface.
2. Urinate into a clean dry cup or container.
3. Add 3 drops of specimen using the disposable pipette directly into the specimen well (indicated by the letter (S) and start the timer. Please avoid trapping air bubbles in the specimen area (S) or adding any specimen in the result area.

4. Read results at 3 minutes. Please not interpret the results after 10 minutes.

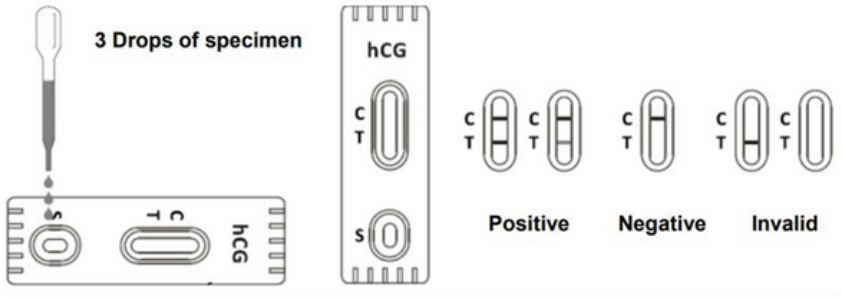
### Reading Your Results

While you are waiting for your result, you may notice a colored solution moving across the window. This is normal. You need to wait 3 minutes to confirm the result. The test should not be evaluated after 10 minutes.

**1 line** = Not Pregnant: If only 1 pink line appears in the test control window, the test is negative and you can assume you are not pregnant.

**2 Lines** = Pregnant: If 2 pink lines appear, 1 in the test region (T) and 1 in the control region (C), the test is positive and you can assume you are pregnant. Even if the lines are very light in color, you can still assume you are pregnant.

**No control line** = If a pink line does not appear in the test control window, the test is invalid. Results from any test which has not produced a control band at the specific read time must be discarded. Each test is designed for a single use and should not be reused.



## What the Results Mean

**A positive result (two lines)** indicates that your urine contains hCG (the pregnancy hormone) and you can assume you are pregnant. You should consult your doctor who is best able to further advise you. Student Health Services at UBC (604-822-7011) or Options for Sexual Health in Vancouver or the Lower Mainland (604-731-4252) are both good places to discuss your next steps. You can also call the Sex Sense line to ask more questions: [1-800-739-7367](tel:1-800-739-7367)

**A negative result** means that no hCG has been detected and you can assume you are not pregnant. If a week passes and your menstrual period is still delayed, you should take another pregnancy test. If the result is still negative, there is little chance you are pregnant. However, you should follow up with your physician to determine why you are not menstruating. If your menstrual cycle is irregular, it can be difficult to know the day you have missed your period. If your test indicated you are not pregnant and your menstrual cycle does not begin within a few days, you may have miscalculated your cycle and should take another pregnancy test.

## Limitations of Test

The test works only if the instructions are followed precisely. Although the test is highly accurate in detecting pregnancy, a low incidence of false results can occur. Check with your doctor if you get unexpected or inconsistent test results. Certain health conditions can also cause a false or irregular test result. The following factors should not affect the test results: alcohol, analgesics (pain killers), antibiotics, and birth control pills. Please note: alcohol consumption during pregnancy has been known to cause birth defects.

The test should not be used after the expiration date. Do not use the test if the protective foil pouch is opened or damaged. hCG Pregnancy Test Cassette, when performed by consumers, showed an accuracy of greater than 99% when compared to lab results.

## Pregnancy tests FAQ

[healthlinkbc.ca/tests-treatments-medications/medical-tests/home-pregnancy-tests](https://healthlinkbc.ca/tests-treatments-medications/medical-tests/home-pregnancy-tests)

