

My Journey to Understanding the Hype Around the DivaCup

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Do you remember having “the talk” with your parents? I sure do. And I only remember it because it wasn’t so much a talk and more like a “Here, read this,” my mom said as she flung a book about puberty at me. The book, by the way, was *The Care of Keeping of You: The Body Book for Younger Girls* from the American Girl company.

And that was that. She expected me to read a book from the ‘90s and suddenly understand everything I ever needed to know about my body. While the book did have helpful tips, I never questioned anything about it.

When I got my period, my mom told me to use a pad and be done with it. I never questioned it because it’s true; a pad was an option presented in the book. And so my life continued. As I got older, I experimented with tampons to excruciating pain. And I thought, “There just has to be a better way than this.” And I happened to stumble upon The DivaCup.

Even though The DivaCup isn’t sponsoring this post, I have worked with this company in the past. I would gladly do it again. I would gladly be Oprah and yell, “You get a DivaCup! You get a DivaCup! And you? You get a DivaCup too!”

It’s changed the way I feel about my period, and I hope I can provide some tips and tricks to help you use yours. It’s scary at first. There’s no denying it. But it’s worth it even if you end up with a little blood on your hands.

Tip #1: Do your research

This one is, well, common sense. As someone who suffers from anxiety, certainty and having control is like a drug to me. It eases my stress instantly.

If you’re scared of the DivaCup, watch videos, read articles, and talk to your friends. The DivaCup’s website is a great resource, but I found that I got most of the tips from YouTube.

I watched several others struggle before giving their top tips to avoid leakage. Trust me; information is powerful in this case. It definitely eased me into my decision to purchase one as well as how to use it.

Tip #2: Don’t be frustrated. Calm down and take a deep breath

You're going to get frustrated. You're going to think, "I guess I just wasted all my money on this." Don't get caught up in that frustration. The only way it's going to work and feel comfortable is if you calm down and relax. This last thing is key because if you're stressed, that sucker is not going to go in quietly.

The DivaCup recommends two [insertion](#) methods: The U-Fold and The Push-down Fold.

Try both out! I did, and I found that the Push-down Fold was much easier for me. It helps if you put the toilet seat cover down and put one leg on it. Later on, I found out that I think it's much easier just to put it in while you're showering.

If you're in the shower and the water is warm, you're already a little bit more relaxed than trying to figure this thing out in the cold bathroom with your pants down.

Also, remember the angle is important. Unlike a tampon, you have to insert the DivaCup horizontally. And most important of all, do NOT skip this part: rotate your cup! Actually pinch the bottom part (not the stem) and rotate it so it creates a seal. I've made that mistake way too many times.

Once you get comfortable with the DivaCup, I recommend trimming the stem. I found that it was too long. But don't cut it too short that it causes problems when you're trying to remove it!

And please, do not panic and try to tug on the stem when trying to remove it. I've done that... and... well... I've never regretted anything more in my life. Pinch the cup and pull it out. None of this tugging, okay?

Tip #3: Get used to pads at least for a little while

When you know, you know. If it's inserted correctly, you won't feel a thing. But until then, I'd use a thin panty-liner in your underwear in case it leaks. I haven't had a leaking problem, but it is common if the suction isn't strong or the cup isn't inserted correctly.

Remember, you have one week every month to perfect this process! So if you can't get it right the first time, it's not the end of the world.

Tip #4: Learn your body

Get. Comfortable. Honestly, I took a mirror down there to inspect what I was working with. It actually does help to get up close and personal with your own body. I mean it's yours!

Yes, the insertion and removal process is messy. Oh, boy. It is messy. The only way it's going to work if you are fully comfortable taking charge of your own body.

And that's why I like doing it in the shower because it's easy to get clean and to forget about the *Carrie* situation on your hands.

Tip #5: Take notes

For me, I realized that not everybody's tips are going to work for me. Hell, mine might not work for you either. Just remember what works and what doesn't so you don't keep making the same mistakes.

And if you really feel like it's not going to work out for you, that's okay! There are so many period products out there. It's not just limited to pads, tampons, and the DivaCup. It's about what works best for you!

For me, I know that this is the best option for me. I don't have to worry about taking the DivaCup out in public. They recommend that you take it out and clean it every 12 hours, and by that time I'm already home from work and in my pjs. So there's no embarrassment (even though there should never be that feeling to begin with!) of having to dump out the contents in a public washroom and having to wash it and your hands awkwardly beside someone.

If you have any questions, let me know in the comments below! I'd love to talk more about how this menstrual cup changed the game for me and my period.