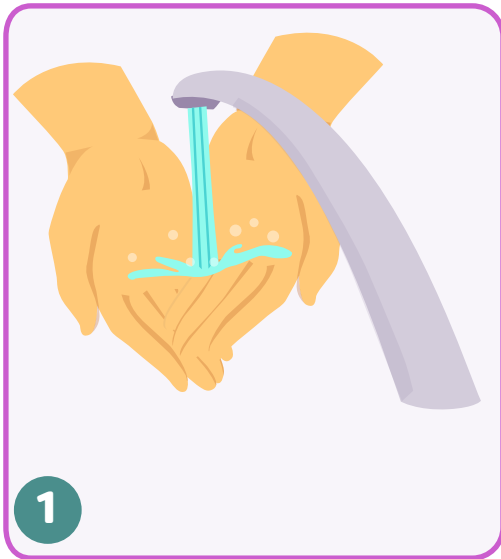
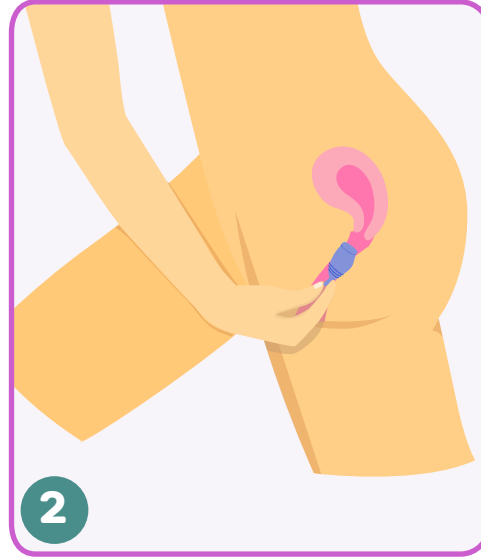


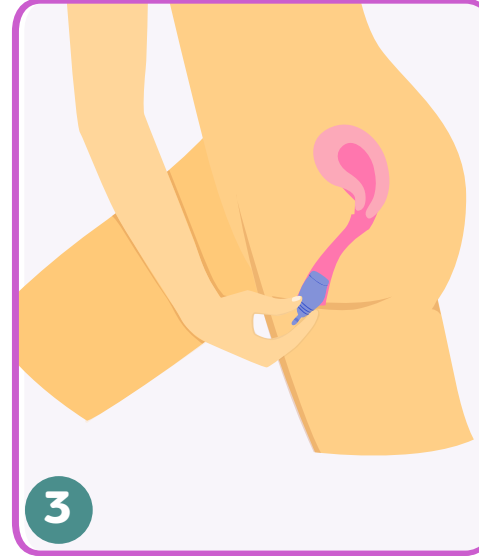
How to remove a menstrual cup



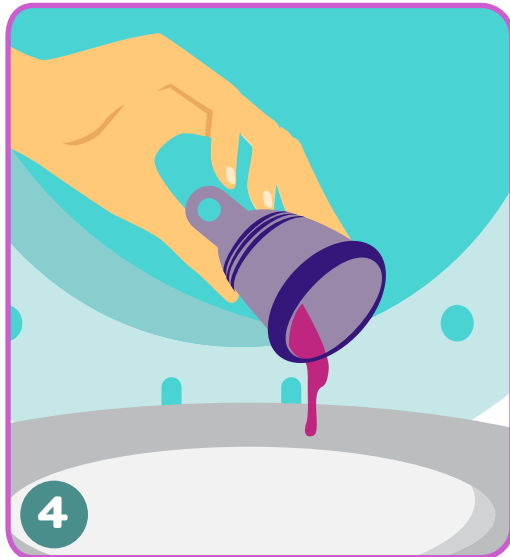
Wash hands



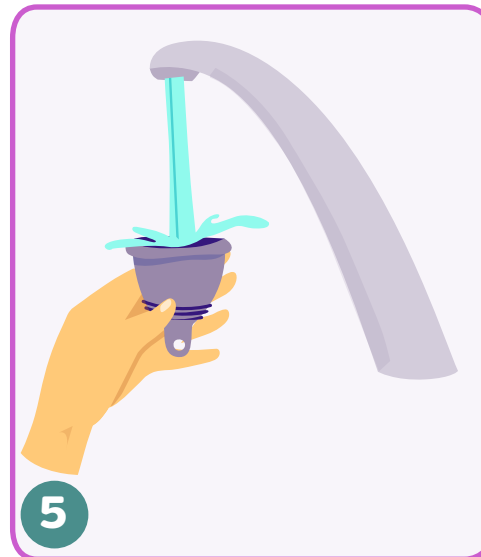
Pull



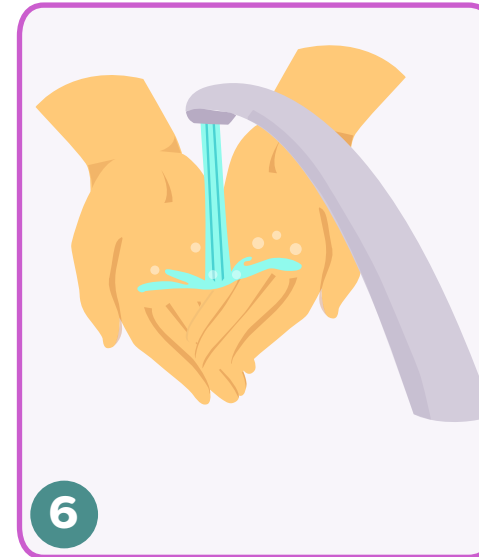
Pinch



Empty cup into toilet



Wash cup



Wash hands