



STUDENT
WELLNESS

Sexual Health Store

AT THE UNIVERSITY OF GUELPH

Cleaning and Usage Guide

- MENSTRUAL PRODUCTS
- PREGNANCY TESTS
- ORAL DAMS
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- DILDOS
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- C-RINGS
- ANAL TOYS



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MENSTRUAL PRODUCTS

AISLE REUSABLE MINI AND MAXI MENSTRUAL PAD

Reusable cotton mini or maxi pad

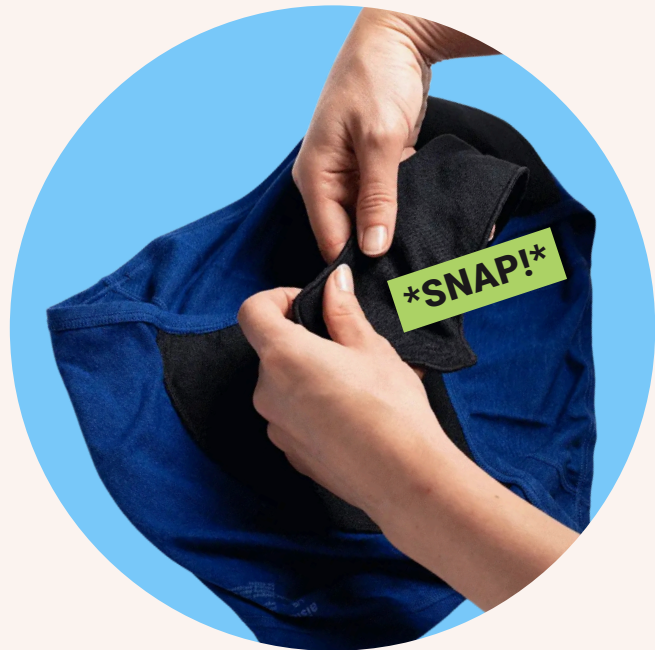


HOW TO USE:

- Place the pad on your underwear with the tag facing down
- Snap the wings around your underwear
- Rinse and wash when done
- Change your pad at least once a day

HOW TO CLEAN:

- Machine washable and dryer safe
- Rinse your pad with cold water then throw it in your next laundry load
- Air dry if possible



MORE INFO ON REUSABLE PADS:



uoguel.ph/SHS1



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MENSTRUAL PRODUCTS

ULTUCUP MENSTRUAL CUP MODEL 1

Reusable 100% medical-grade silicone menstrual cup for individuals aged 19-30 years old who have never given birth



HOW TO USE:

- **Boil and wash:** Before using your cup for the first time, put it in boiling water for 5-10 minutes, then wash your hands
- **Fold:** Fold the cup to make insertion easier
- **Insert:** Relax, and insert the cup inside the vagina/front hole, making sure to aim horizontally towards your tailbone
- **Remove, rinse, and repeat:** Wash your hands, then pinch the bottom of the cup to release the seal and remove it. Empty the cup, wash, and reuse



HOW TO CLEAN:

- **Boil:** Put the cup in boiling water for 5-10 minutes before your first use and between periods
- **Wash:** Wash between uses with warm water and a mild, unscented, oil-free soap
- **Clean holes:** Make sure the small holes at the top of the cup are clean and clear
- **Store:** Store in the pouch the cup came with

MORE INFO ON MENSTRUAL CUPS:



uoguel.ph/SHS2



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PREGNANCY TESTS

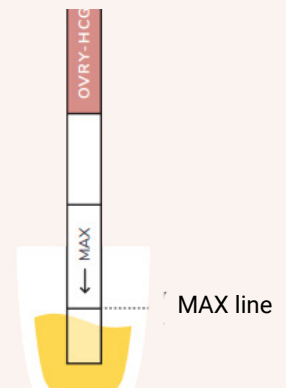
OVRY EARLY RESULT PREGNANCY STRIP

Small pregnancy test strips that are over 99% accurate from the day you expect your period



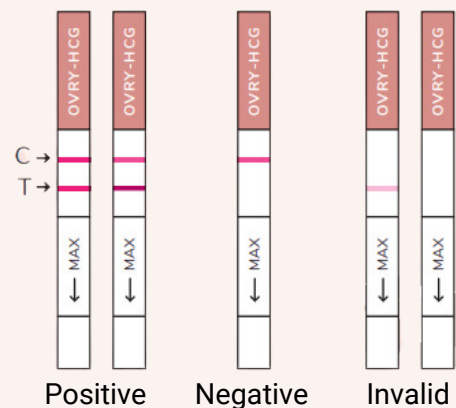
HOW TO USE:

- Pee into provided urine cup
- Remove strip from foil pouch by tearing at the notch. Hold the test strip by the coloured end
- Hold the test strip vertically and immerse the end of the strip with the arrows into the urine. Do not immerse past the MAX line
- Remove the strip from the urine once the urine has gone to the test window (about 5-10 seconds). Lay strip (MAX side facing up) flat on a clean, dry surface
- Wait 5 minutes, then read the results. Results are not valid after 15 minutes



READING RESULTS:

- **Positive:** Two lines appear. One in the control region (C) and one in the test region (T). The (T) line can vary in intensity
- **Negative:** One line appears in the control region (C). No line appears in the test region (T). If the results are negative, repeat with a new test and urine sample in 48 hours
- **Invalid:** No line appears in the control region (C). Repeat with a new test strip



MORE INFO ON PREGNANCY TESTS:



uoguel.ph/SHS3



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ORAL DAMS

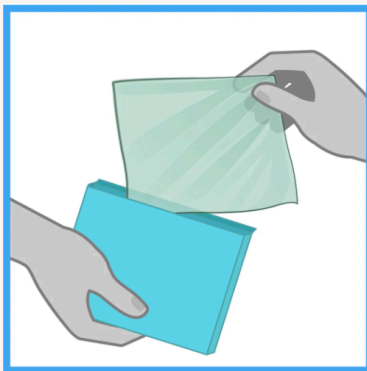
HARMONY ORAL DAM (NON-LATEX)

Single-use non-latex (polyisoprene) dental dam for oral sex protection



HOW TO USE:

- Check the expiration date (don't use if expired)
- Open the dental dam package using your fingers (avoid using your teeth or scissors so that you don't rip the dam)
- Inspect the dental dam for any tears or defects
- Put the dam on the vagina/front hole or anus before oral sex (make sure the dam covers the whole area)
- Use water-based lube to avoid tearing
- Hold the dam with your hands if needed to make sure it stays in place
- Throw out the dam when finished
- Do not flip it over and use the other side



MORE INFO ON ORAL DAMS:



uoguel.ph/SHS4



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SILICONE VIBRATORS

HOW TO USE & CLEAN:

- Check your vibrator for any damage or imperfections before use
- Use as directed on the box (some vibrators are for external use only, some are for external and internal)
- Wash with mild, unscented soap and warm water. Avoid getting any electrical areas wet. Let your vibrator air dry
- Do not boil any vibrators, as they all have electrical components!
- Use with water-based lube. Silicone-based lube can damage your toy, and oil-based lube can cause condoms to break
- Use a condom or dental dam if sharing your toy with someone else. Use a new barrier every time you switch users
- Wash your vibrator before and after every use, if you use it with a partner, and if you use it on a different part of your body
- Store in a cool, dry, and breathable area. Try to store your toys so they don't touch. Using the box/package your toys came in as storage is an easy hack!

EXTERNAL USE

VIBRATING BULLET



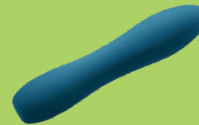
INYA ROSE



INYA FLIRT



INYA RUSE



INTERNAL & EXTERNAL USE

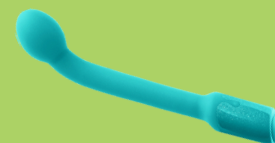
ROMP JAZZ



ROMP REVERB



INYA OH MY G



MORE INFO ON CLEANING & STORAGE:



uoguel.ph/SHS5



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SILICONE DILDOS

HOW TO USE & CLEAN:

- Check your dildo for any damage or imperfections before use
- Our dildos are 100% silicone, and are all anal-safe, waterproof, and strap-on harness compatible
- All the Dildolls dildos have suction cup bases
- Wash with mild, unscented soap and warm water. Let your dildo air dry
- These dildos can also be put in boiling water for 3 minutes. Let air dry
- Use with water-based lube. Silicone-based lube can damage your toy, and oil-based lube can cause condoms to break
- Use a condom if sharing your toy with someone else. Use a new condom every time you switch users or holes
- Wash your dildo before and after every use, if you use it with a partner, and if you use it on a different part of your body
- Store in a cool, dry, and breathable area. Try to store your toys so they don't touch. Using the box/package your toys came in as storage is an easy hack!



MORE INFO ON CLEANING & STORAGE:



uoguel.ph/SHS5

MORE INFO ON STRAP-ON HARNESSSES:



uoguel.ph/SHS6



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MASTURBATION SLEEVES

HOW TO USE & CLEAN:

- Check your sleeve for any damage or imperfections before use
- Do not use silicone-based or oil-based lube with sleeves, as they can damage them
- Store in a cool, dry, and breathable area

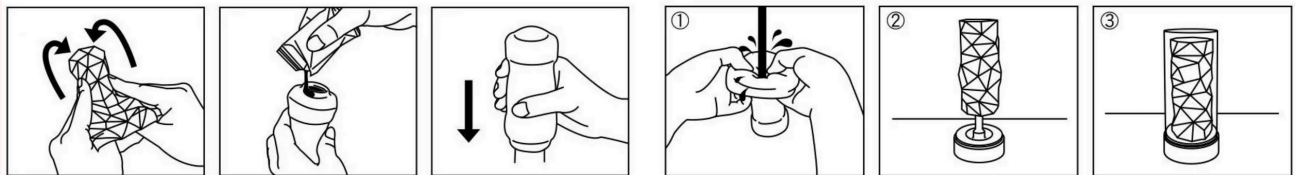
TENGA EGG:

- Open the included egg lotion lube, and put inside the egg and around the insertion hole.
- Insert and pull the egg down by the base
- The egg can be used in many different ways, such as for penile masturbation, partner play, on a vibrator wand, and worn over the hand
- After using the egg, invert it and clean with mild, unscented soap and warm water. Let it air dry



TENGA 3D SPIRAL:

- Invert the sleeve so that the spiral is on the inside
- Lubricate the inside and insertion hole of the spiral with water-based lube
- After using the spiral, invert it and clean with mild, unscented soap and warm water. Let it air dry on its stand



MORE INFO ON TENGA EGG:

uoguel.ph/SHS7

MORE INFO ON TENGA 3D SPIRAL:

uoguel.ph/SHS8

MORE IDEAS FOR USING MASTURBATORS:

uoguel.ph/SHS9



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C-RINGS

HOW TO USE & CLEAN:

- Check your c-ring for any damage or imperfections before use
- C-rings can be used on penises for masturbation and with a partner, or on a dildo
- Put c-rings on before you or your partner is erect
- Use lube to help put on the c-ring
- If using a condom, put the condom on over the c-ring
- Use with water-based lube. Silicone-based lube can damage your toy, and oil-based lube can cause condoms to break
- Wash with mild, unscented soap and warm water. Let your c-ring air dry
- Wash your c-ring before and after every use
- 100% silicone c-rings can also be put in boiling water for 3 minutes. Let air dry
- Do not boil any vibrating c-rings, as they all have electrical components!
- Store in a cool, dry, and breathable area. Try to store your toys so they don't touch. Using the box/package your toys came in as storage is an easy hack!



MORE INFO ON CLEANING & STORAGE:



uoguel.ph/SHS5

MORE INFO ON C-RINGS:



uoguel.ph/SHS10



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ANAL TOYS

HOW TO USE & CLEAN:

- Check your anal toy for any damage or imperfections before use
- Only use anal-safe toys for anal play. If toys don't have a flared base, they can get sucked up the anus
- Use with water-based lube. Silicone-based lube can damage your toy, and oil-based lube can cause condoms to break
- Wash with mild, unscented soap and warm water. Let your toy air dry
- Wash your toy before and after every use, if you use it with a partner, and if you use it on a different part of your body
- 100% silicone anal toys can also be put in boiling water for 3 minutes. Let air dry
- Use a condom if sharing your toy with someone else. Use a new condom every time you switch users
- Store in a cool, dry, and breathable area. Try to store your toys so they don't touch. Using the box/package your toys came in as storage is an easy hack!



MORE INFO ON CLEANING & STORAGE:



uoguel.ph/SHS5

MORE INFO ON ANAL TOYS:



uoguel.ph/SHS11