

Which size?

The Mooncup and MUCUK are available in two sizes: 'A' and 'B'. Size A measures 46mm in diameter and 50mm in length. Size B measures 43 mm in diameter and 50mm in length. Both sizes have a pull stem 21mm long, which you can trim to the length that is right for you.

Sizing is based on pelvic floor tone, not menstrual flow, and it's important to get the sizing right to get the best from your Mooncup or MUCUK. Pelvic floor tone will vary according to your age, childbearing history and what sort of exercise you do. Corrective surgery to the vagina will also have implications. Check the guidelines to see which size you need:

Have I had children?	I am under 30 years	I am 30 years or older
No	B	A
Yes, a vaginal birth	A	A
Yes, by Caesarean	B	A

Size **A**

Because vaginal and pelvic floor tones naturally reduce with age, the size 'A' is recommended for women aged 30 or over. The difference between the 'A' and the 'B' is only small (3mm), but it is crucial!

Size 'A' is also recommended for all women who have given birth vaginally, regardless of age.

Size **B**

Designed for young girls and women under the age of 30 who have not given birth vaginally. It may also be suitable for women over the age of 30 who have had corrective surgery to the vagina, or who are advanced in tone-maintaining activities such as yoga, dance or pilates.

If you're unsure of what size you need, please contact our [Advice Centre](#).

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Testimonials

Wow, I have been using my Mooncup for a grand total of about 30 minutes and already it has changed my life! A few months ago I had an IUD fitted, which made my periods very heavy and painful and makes me feel decidedly unsexy. I have to attend a wedding this weekend, and was dreading the logistics of cramming tampons into a tiny purse, the possibility of embarrassing leaks etc. So I bought a Mooncup, tried it out a few times in the shower and am now wondering how on earth I have managed to get through 15 years worth of periods without one! I can't wait to wear my new dress at the weekend and now I can wear sexy underwear to boot!

For what it's worth... I actually went for the larger A cup size, even though I am 26 and have never given birth. I've never had any problems "accommodating" anything down there, and wanted maximum protection, so this seemed like the best choice. So far, it's very comfortable, hasn't leaked, and actually makes me feel... sexy? Sorry if this is too much information, but I've noticed that with the Mooncup in place my vagina smells and feels, well, normal - instead of the dry, ickyness I always just assumed was part of having a period.

A truly amazing and empowering product. I'm off to burn my tampons... Thank you!

Andrea

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