



THE ALICIA™ - Frequently Asked Questions (FAQ)



GENERAL QUESTIONS

Overall questions asked about The Alicia™

USING THE ALICIA™

Questions about the insertion and removal of The Alicia™

HEALTH & ENVIRONMENT BENEFITS / RISKS Questions about health benefits or the risks of using The Alicia™, and other health and well-being questions

PURCHASING THE ALICIA™

Questions about buying and choosing The Alicia™

CLEANING THE ALICIA™

Questions about cleaning, sterilizing and storing The Alicia™

MISCELLANEOUS QUESTIONS

Other miscellaneous questions asked

GENERAL QUESTIONS

What is The Alicia™?

In the simplest of terms, The Alicia™, is the single most revolutionary concept in feminine hygiene since the tampon. The Alicia™ is very sanitary, comfortable, reliable and convenient menstrual pod that holds one full ounce (30 ml) of menstrual fluid. Since the entire cycle is an average of 3-4 ounces (90-120 ml), most women find that The Alicia™, it is not even half full after 8 hours. The vagina is continually self-cleansing, washing away dead cells and bacteria. Tampons absorb the natural fluids that we need to keep the vagina clean and moist. The Alicia™ is non-absorbent and simply collects the menstrual flow, leaving the natural moisture level in the vagina undisturbed.

Is The Alicia™ expensive?

The Alicia™ retails for \$AUD 60.00 per unit. (Freight or postage costs are not inclusive) When you compare the cost of The Alicia™ to monthly purchases of pads or tampons bought over the time you have menstruated, there is a big difference in costs! The Alicia™ pays for itself within a short few months. You'll be amazed how much money The Alicia™ can save you in the long run!

Can I return or exchange The Alicia™?

When purchasing The Alicia™, it has a 2 year guarantee. This entitles you to a refund if not satisfied with the product or if the product is faulty. Freight costs are not inclusive with any refund made.

How does The Alicia™ stay in place?

The muscles and tissues in the vaginal walls are very strong and flexible! When The Alicia™ has been inserted, and is pull and push gently on the tail to ensure The Alicia™ pops open. This creates a suction seal within the vagina canal. If it does not pop, keep gently pulling and pushing on the tail until it does, otherwise The Alicia™ will leak if insertion has not been done correctly.

Can I use The Alicia™ if I am a heavy or light bleeder?

Yes! Whether you're a heavy bleeder or a light one, it's ok to use The Alicia™. The Alicia™ holds one full ounce (30 ml). Since the entire cycle is an average of 3-4 ounces (90-120 ml), most women find that The Alicia™. It is not even half full after just 8 hours.

The Alicia™ allows for easy monitoring of your monthly menstruation cycle by the measurements noted on product itself. These measurements are great tool for any type bleeder when wanting to monitor their flow!

Light bleeders can go for 12 hours (or more) when using The Alicia™ without it filling it up. This becomes very convenient when only having to empty The Alicia™ twice per day!

For heavy bleeders, they simply need to just remove The Alicia™ every couple of hours to see how quickly The Alicia™ fills. As heavy bleeders become familiar with amount of their monthly flow, they can then adjust when they next empty The Alicia™ when using it.

Can I try The Alicia™ prior to the beginning of my period?

Of course you can! Some women who were new to using The Alicia™ found it very helpful to test inserting and removing The Alicia™ prior to their period. If you do test using the Alicia™ please read carefully the directions included when buying our product or any other additional information that can be found elsewhere in The Alicia™ FAQ!

Can you feel The Alicia™ when using it, and does it hurt?

Some women can feel The Alicia™ and some women can't. The Alicia™ does not hurt when using it, as long as it has been inserted correctly. If you find the tail of The Alicia™ uncomfortable please trim the tail to suit.

What's the difference between the varying sizes of The Alicia™?

The Alicia is made in 4 varying sizes. This is so that it can be catered for all women. The sizes range from "Extra Small", "Small", "Medium" and "Large".

EXTRA SMALL: For small teenagers and very small women.

SMALL: For women under 30 years old who have never had childbirth or C-Section.

MEDIUM: For women who have had vaginal childbirth or C-Section; and for women who are over 30 years old and never had childbirth.

LARGE: For larger built women that have had children.

Wouldn't The Alicia™ be messy to use?

Initially, when learning how to insert and remove The Alicia™, it is probable that you will encounter your menstrual blood. Once you are comfortable and know how to correctly use The Alicia™, with no leaks, there is no mess. Remember, menstrual blood is natural - not something to be afraid of!

Is The Alicia™ ok to use during outdoor activities?

Whether your swimming, hiking, camping, backpacking, playing sports, skiing or whichever outdoor activity you are doing, The Alicia™ is ideal for all! It is suitable for all menstruating women of all ages engaged in any outdoor activity.

Is the type of silicone used to manufacturer of The Alicia™ the same as breast implants?

No. The silicone used in breast implants is in a 'gel-like' form silicone known to seep through its containing bag. It is not the same silicone used by the manufacturers of The Alicia™. The particular silicone we use for The Alicia™ is of high, medical grade quality, 100% hyper-allergenic and has been used safely in medical applications such as catheters, heart valves, medical tubing, teats and internal body parts for many years.

PURCHASING THE ALICIA™

Where can I buy The Alicia™?

You are able to purchase The Alicia™ straight from our website [CLICK HERE](#).

Distributors are currently being established in Asia Pacific; India; Middle East; USA; South Africa; United Kingdom; China; Russia; Turkey. If you are interested in becoming a distributor [CLICK HERE](#)

Which size Alicia™ should I get?

When choosing which Alicia™ to purchase, the following guidelines are best to follow:

EXTRA SMALL: For small teenagers and very small women.

SMALL: For women under 30 years old who have never had childbirth or C-Section.

MEDIUM: For women who have had vaginal childbirth or C-Section; and for women who are over 30 years old and never had childbirth.

LARGE: For larger built women that have had children. If you are still unsure, please contact us at admin@thealicia.com.au and we can help you choose what is best for you.

What guarantee comes with purchasing The Alicia™?

A 2 year guarantee! The price of the Alicia™ is paid in full if the product has deemed unsatisfactory or is faulty. Freight or postal costs are not included.

USING THE ALICIA™

What are the 4 Steps to inserting The Alicia™?



Step 1: FOLD and moisten the rim. The Alicia™ with water if needed or a vaginal lubricant. Press the sides of the menstrual pod together and then fold it in half again. (fig 1)

Step 2: HOLD the folded sides firmly between your thumb and forefinger. The open end should be facing away from your palm. (fig 2)

Step 3: INSERT with the vaginal muscles relaxed, gently separate the labia with your free hand and then push the curved edge of the folded, The Alicia™ into the vaginal opening, push to where it feels comfortable. (fig 3)

Step 4: REMOVE once you have washed your hands well with warm water and soap. Pull gently on the stem until you can reach the base of The Alicia™ and remove. The contents should not spill during removal. Simply empty the contents in the toilet, wash it well with hot soapy water, rinse and reinsert. It is advisable that on heavy flow days to check every hour or so. (fig 4)

I am having trouble inserting The Alicia™, what should I do?

When having trouble with inserting The Alicia™, make sure you are relaxed and comfortable with yourself. Sometimes it is easier to squat or "bear down" when attempting to insert The Alicia™. If you are feeling that you are "dry", a lubricant can be used in assisting insertion.

Should I be using any type of lubricant with The Alicia™ to insert it?

When initially using The Alicia™ or testing how to insert The Alicia™ prior to using, some women find a natural water-based lubricant aids them when inserting The Alicia™.

If a oil-based lubricant is used then make sure you still clean and/or sterilise The Alicia™ as directed, this will ensure that the Alicia™ does not degrade in quality over time.

DO NOT USE anything that is possibly harmful to yourself. Read carefully the product content of the lubricant you have purchased prior to use.

The Alicia™ International will be making available a new range of natural "non allergenic" bio-degradable oil/water-based lubricants. If you would like to know when this product will be available for general public [EMAIL US!](#)

What do you mean by trimming the tail of The Alicia™?

As vaginal sizes vary, The Alicia™ tail can be easily trimmed to "size". The tail should not protrude past the inner labia. If it causes irritation, cut the tail to a more comfortable length. The length of the tail is a personal comfort choice. The tail is designed to help insertion and removal. DO NOT trim off all the tail entirely.

How do I know if The Alicia™ has been inserted properly?

The moment you cannot feel the Alicia™ inside you, you have it correctly in place, along with no leakages! The Alicia™ is designed to sit at the lower part of the vaginal cavity, below the uterus. The tampon sits much higher leaving you susceptible to TSS and any other related disease.

Where does The Alicia™ sit once it has been inserted?

When The Alicia™ has been inserted correctly it sits at the base of the vaginal passage.

I am having trouble removing The Alicia™, what should I do?

First wash your hands prior to removal of The Alicia™.

Pull gently on the tail until you can reach the base of The Alicia™ and remove. The contents should not spill during removal. Empty the contents in the toilet, wash it well with hot soapy water, rinse and re-insert. It is advisable that on heavy flow days to check every hour or so.

If you are still experiencing trouble removing The Alicia™, bear down with your pelvic floor muscles and push down. The Alicia™ should have moved lower down the vaginal passage. Grasp the base of The Alicia™ firmly between your fingertips, squeeze gently to release any suction that The Alicia™ still has and remove it.

If the grasping the bottom of The Alicia™ doesn't work, slide your finger against The Alicia™ so that your finger tip is near the rim and push inwards - this should break the suction seal. Some women find that folding the menstrual pod up (similar to the way they put it in) while it is inside them and pulling it out while holding it folded works just as well.

How often should I be empty The Alicia™?

By monitoring the fullness of The Alicia™, you will quickly learn how often to empty it according to your flow. The Alicia™ must be emptied 2-4 times per day (depending on your flow) and can be worn up to 12 hours overnight. Most women only need to empty it in the morning and again in the evening.

Will The Alicia™ leak?

The Alicia™ will only leak if insertion has not been done correctly. If you are leaking, check if The Alicia™ has popped by running your finger gently around the base to feel that it is opened properly. If with proper insertion and popping and The Alicia™ continues to leak, you will find you need to go down a size for correct fit.

Can I use The Alicia™ while having sex?

The Alicia™ is not a contraceptive and will not provide protection against sexually transmitted diseases or pregnancies. If menstruating, simply remove The Alicia™ prior to engaging in any sexual activities.

Is The Alicia™ ok to use after giving birth?

Yes, it is! You may have to change the size of The Alicia™ that you use though. The walls of the vagina have been stretch to let that baby through, remember! The "medium" sized Alicia™ is recommended for women who have had vaginal childbirth or C-Section; and as well for women who are over 30 years old and never had childbirth.

Can The Alicia™ be worn during the night?

Yes, of course it can! Just ensure that you have emptied The Alicia™ prior to going to bed and empty first thing upon waking. This is safe to do because you don't necessarily have to empty the Alicia™ up to 8 hours.

CLEANING THE ALICIA™

How do I clean The Alicia™?

You can clean your Alicia™ with a rinse through of warm/hot water. Cold water is ok (for example when in a public toilet and carrying a water bottle). Re-rinse The Alicia™ with warm/hot water at the next convenient time. Some women use mild/antibacterial/ or non-smelling soap to rinse their menstrual pod between changes. The tiny holes below the rim should be kept clean by holding the rim between two hands and rubbing backwards and forwards which will create a circular motion to ensure proper cleaning.

It is not advised to use any chemical such as peroxide nor bleach when cleaning The Alicia™ as this may damage the quality of the product as well as be harmful to yourself. Always be aware of the ingredients used if purchasing a "cleaning" product!

How can I rinse out The Alicia™ in a public toilet?

Public facilities vary from place to place. Therefore some women avoid the issue of rinsing their Alicia™ in a public toilet, waiting for a more private convenient time to do so. Women who are open about their use of The Alicia™ will simply rinse their Alicia™ out in the public sink and return to the toilet stall to re-insert their Alicia™, while others will carry a bottle of water with them and rinse their Alicia™ within their toilet stall.

An alternative is to carry a pre-moistened towel/towelette with you so that you may wipe off The Alicia™ and your hands.

The Alicia™ International will be making available a new range of natural "non allergenic" bio-degradable wipes. If you would like to know when this product will be available [EMAIL US!](#)

Can I sterilise The Alicia™ and how do I do it?

Yes! You can sterilise The Alicia™. Simply place The Alicia™ in an open pan of boiling water for 2-3 minutes. Do not use harmful chemicals such as peroxide or bleaches as it may damage the materials in The Alicia™.

How frequently should I clean The Alicia™?

When in use, The Alicia™ should be emptied and cleaned a minimum of twice per day, with an unscented soap. It should always be then rinsed in clean water before re-using, if possible, as soap particles could irritate the vagina. The Alicia™ can be sterilized in between the times of menstruation. Avoid using products to clean it that aren't recommended for internal use, such as scented bath soaps, bleaches or detergents.

What if there's no clean water available?

You can simply wipe out The Alicia™ with toilet paper on the inside. Make sure it is cleaned properly at a more convenient time. It is best to carry a small water bottle during times when using The Alicia™ to avoid this.

HEALTH & ENVIRONMENT BENEFITS / RISKS

Are there any health risks associated with The Alicia™?

The Alicia™ is made of a high quality, soft, solid medical grade silicone that is 100% hyper-allergenic and latex free. This particular silicone has been used safely in medical applications such as catheters, heart valves, medical tubing, teats and internal body parts for many years.

Is thrush or yeast infections a problem when using The Alicia™?

There is no medical evidence that suggests The Alicia™ would interfere or add to a women experiencing thrush or yeast infections, as it is made from medical grade silicone. Most importantly, always try to wash your hands prior to re-insertion or removal of The Alicia™ to prevent any type of infection.

ALWAYS consult your local GP if thrush or a yeast infection is evident.

What if I am allergic to latex or rubber, can I still use The Alicia™?

Yes, you can! Because The Alicia™ is made of medical grade silicone that is 100% hyper-allergenic there is no skin irritation and therefore suitable to all women with latex allergies. Synthetic latex rubber and natural latex or gum rubber contain a protein called "nitrosamine". This is the chemical that produces the allergic reactions that many people have to latex.

What Is TSS?

Toxic Shock Syndrome (TSS) is considered a serious and sometimes fatal disease caused by toxin-producing strains of the Staphylococcus aureus bacterium. TSS has been linked to high absorbency and prolonged use of tampons. There are now regulations in labeling for tampon absorbency to decrease the risk of TSS. Symptoms of TSS often mimic the flu and can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, or a rash that looks like a sunburn during your period or a few days after.

RELATED TSS LINKS:

[TEEN HEALTH - TOXIC SHOCK SYNDROME](#)

[CENTRE FOR DISEASE CONTROL & PREVENTION - TSS](#)

[FDA - ON THE SCENE: REDUCING TSS RISK](#)

[UNIVERSITY HEALTH CARE - TOXIC SHOCK SYNDROME](#)

[www.menstruation.com - TSS : WHAT CAUSES IT?](#)

[GUINEA PIGS SHOULD NOT USE TAMPONS!](#)

[RESEARCH INTO TOXIC SHOCK SYNDROME](#)

[TAMPONS & ASBESTOS, DIOXINS & TOXIC SHOCK SYNDROME](#)

[ALICE'S STORY](#)

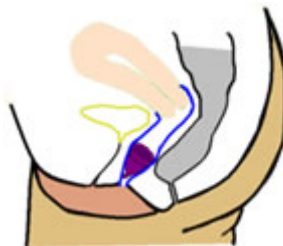
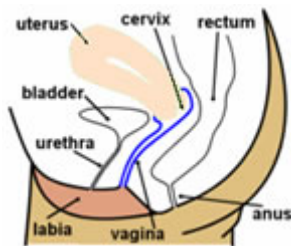
[KOTEX - WHAT THEY SAY ABOUT TSS](#)

[SURVIVAL OF TSS!](#)

[FDA - HOT TOPICS: TSS](#)

Is TSS a risk with The Alicia™?

Absolutely not! The Alicia™ is made from medical grade silicone, non absorbent and does not support the growth of toxin-producing strains of the Staphylococcus aureus bacterium. The Alicia™ also sits at the lower end of the vaginal passage whereas the tampon sits much higher, closer to the uterus, leaving you susceptible to TSS or any other related disease, whereas The Alicia™ doesn't.



Is The Alicia™ safe?

Toxic Substances Control Act (TSCA) Status is not required as there is no hazardous or toxic materials used. Meaning that there is no evidence of skin irritation. The Alicia™ is fully approved by the Australian TGA (Therapeutic Goods Association). The Alicia™ is safe to use 365 days of the year!

Is it healthy to be using a menstruation product that is re-usable?

As long as you clean and store The Alicia™ as directed in the provided instructions and via the information in the FAQ Section - [CLEANING THE ALICIA™](#). By following these directions, this ensures that using The Alicia™ is healthy!

How does The Alicia aid the environment?

Tampons and pads the concern as to what happens afterwards when they have been used. Most end up in sewerage plants, in landfill or are incinerated with neither methods being environmentally friendly either way. In the US alone, there are over 85 million women of menstruating age, and according to the National Women's Health Network, they contribute approximately twelve billion pads and 7 million tampons to landfill each year.

The Alicia™ is a product that is re-usable, washable, leak proof and lasts for years! No more money flushed away, no more treks to the inconvenient health food store, no more weird feelings about what exactly is in that thing thoughts. More importantly, no more waste, landfill, and excessive packaging just buy purchasing The Alicia™!

I am susceptible to UTI infections when using an IUD, does this happen with The Alicia™ as well?

No, it doesn't. The Alicia™ is not associated with any form of urinary tract infection (UTI) nor will use of the Alicia™ aggravate an already existing urinary tract infection. If you have any tendencies toward dehydration or UTI's, drink additional water during the time you will be using The Alicia™, to help prevent this.

ALWAYS CONSULT your GP if a UTI is prevalent.

MISCELLANEOUS QUESTIONS

What do you mean by trimming the tail of The Alicia™?

As vaginal sizes vary, The Alicia™ tail can be easily trimmed to "size". The tail should not protrude past the inner labia. If it causes irritation, cut the tail to a more comfortable length. The length of the tail is a personal comfort choice. The tail is designed to help insertion and removal. DO NOT trim off all the tail entirely.

Is The Alicia™ safe to use when beginning to menstruate?

Yes! As with any normal young adolescent entering womanhood, they are faced with the option of "what product is right?!" to use. The Alicia™ is available in an extra small sizing specifically designed for small teenagers as well as small women.

Can I receive any promotional information regarding The Alicia™?

Of course you can!

Please [EMAIL US](#) requesting what you need that has not been made available online such as product instructions.

Can I use The Alicia™ when using internal contraceptives such as an IUD?

An IUD or a diaphragm should not be interfered with when using The Alicia™ as The Alicia™ sits low at the base of the vagina passageway, away from the cervix where the IUD and diaphragm are placed. Take care when inserting or removing The Alicia™. Always check that your IUD cord has not become dislodged. The diaphragm is surgically implanted and has no cord