



## Regulated Drinking Cup Instructions for Use

### INTENDED PURPOSE

- Dispenses a set amount of liquid—either 5 cc (ml) or 10 cc (ml). Check the cup top (A) or box label for the exact volume.
- Designed for individuals having difficulty swallowing (dysphagia) or those who require controlled intake of thin liquids.

### ⚠️ WARNINGS

- Read and understand all instructions before use.
- Use only with thin liquids. Thick liquids are not recommended.

### HOW TO ATTACH HANDLES

- The cup can be used with one handle, two handles, or no handles.
- **NOTE:** Handles are designed for permanent attachment—removal of handle(s) after installation can damage the cup and cause it to malfunction.

#### To attach handles to cup:

- Slide the base of the handle (D) upward through the slot (H) on the outer cup (C).
- Push the handle until it snaps into place over the top of the cup.
- Check that the lip of the handle fully covers the lip of the outer cup. If not, reattach to prevent malfunction.

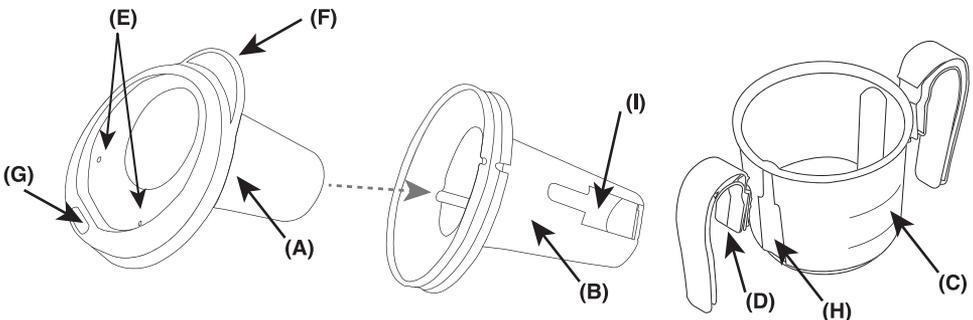
### HOW TO ASSEMBLE CUP AND FILL WITH LIQUID

You can assemble the cup using two recommended methods. To reduce contamination risk, wear protective gloves.

**NOTE:** The maximum fill line indicates the liquid limit when filling with the lid assembly (A & B) removed. After reattaching the lid assembly, it is acceptable if the liquid level appears above the fill line.

#### OPTION 1

- Align and fit the top (A) and mid cup (B) together.
- Hold with both hands, placing thumbs or inner palms on the raised rim of the top (A) and fingers under the rim of the mid cup (B).
- Place one hand on the outside rim of top (A) and around the conical section of mid cup (B).
- Squeeze until you hear an audible snap.
- Fill the outer cup (C) with thin liquid above the minimum fill line and below the maximum fill line. The maximum line indicates 8 oz (236 cc) of liquid. Do not overfill.
- Place the outer cup (C) on a firm, flat surface.
- Insert the top/mid cup assembly (A & B) into the outer cup (C).
- The drinking slot should be placed directly above the FabLife® logo.
- Press down on the raised rim (near the two vent holes (E) in the top) until it snaps into place. You should hear another audible snap.



## OPTION 2

- Fill the outer cup (C) with thin liquid above the min (minimum) fill line and below the max (maximum) fill line. Do not overflow.
- Place the outer cup (C) on a firm, flat surface.
- Align all three parts (A, B, & C) correctly.
- Press down on the raised rim of the top (A) (near the two vent holes (E)) with thumbs or inner palms.
- Snap all three parts together at once. When correctly assembled, you will hear two snaps.

## HOW TO REFILL THE CUP WITH LIQUID

- Disassemble – Hold the thumb tab (F) on the top (A) and lift to remove the top/mid cup assembly (A & B) from the outer cup (C). If top (A) separates from mid cup (B) then it will be necessary to remove mid cup (B) in a second motion.
- Fill - Add thin liquid to the outer cup (C) up to, but not above, the max (maximum) indicator line on the cup.
- Reassemble – Place the outer cup (C) on a flat, firm surface. Position the top/mid cup assembly (A & B) correctly in the outer cup (C).
- Snap into place – With thumbs or inner palms pressing on the raised rim of the top (A) (near the two vent holes (E)), push down firmly until you hear an audible snap.

## HOW TO DRINK FROM THE CUP

- The Regulated Drinking Cup delivers a measured amount of liquid—either 5 cc (ml) or 10 cc (ml)—with each normal drinking motion. See the cup top (A) or box label for the exact volume.
- Drink from the spout (G) using a normal drinking motion.
- After each sip, return the cup to an upright position to reset the cup for the next dose of liquid.

## CARE AND CLEANING

- Disassemble – Hold the thumb tab (F) on the top (A) and lift out the top/mid cup assembly (A & B) from the outer cup (C).
- Separate parts – Hold the cup parallel to the floor. Grip the mid cup (B) cone with one hand and the bottom of the tab on the top (A) with the other. Apply opposite outward pressure to separate the parts.
- Wash – Clean all parts with hot soapy water, rinse, and air dry.
- All components are safe for the top rack of both industrial and home dishwashers.
- Reassemble before next use.

## CAUTION

- The vent holes (E) on the top are a key part of the measuring system—never drink from them. Tilting the cup towards the vent hole may cause leaks.
- The well (I) inside the mid cup (B) is part of the measuring mechanism—keep it dry. Never pour liquid into it.
- Do not use liquids that are hot enough to cause injury.
- Never fill the cup above the max (maximum) line or below the min (minimum) line—this will cause malfunction.
- Handle(s) must be attached correctly to avoid malfunction.
- Once attached, do not remove handle(s)—removal can damage the cup.