

FAQs for LOONA

How do I use the Loona?

To use the Loona simply grasp the handle on either side and hold the urinal snugly against your vulva. Then urinate as if you were on the toilet. You can do this seated on the side of your bed or standing up, whatever you find most comfortable.

How do I clean the Loona?

Cleaning your Loona is simple. Start by removing and rinsing off the funnel. Then empty the contents of your Loona into the toilet or sink. Add warm water (it's up to you if you include a pump of liquid soap) and swish it around a bit before emptying that too. Finally, turn the Loona upside down and leave it to dry.

Do I have to empty the Loona during the night?

The Loona holds up to 30 ounces and is designed to last all night.

What are the benefits of using the Loona at night?

Waking up to use the bathroom several times a night is common for many women. Getting out of bed and walking to the bathroom is not only stimulating to the nervous system, it's potentially dangerous as many injuries occur on the way to and from the toilet. Urinating bedside not only allows you to fall back to sleep faster, it helps protect you against slips, falls, and other middle-of-the-night mishaps.

Is the Loona sanitary?

Until recently it was thought that urine was completely sterile. While that's been disproven, urine is still remarkably clean. Many people are surprised to learn that most urine contains fewer bacteria than the glass of water they keep by the side of their bed!

Will my Loona smell?

Urine is composed mostly of water and fresh urine usually has a mild smell. Nevertheless, to ensure you're your bedroom stays fresh, the Loona is designed with a snap-close lid that helps trap odors. If you empty and rinse your Loona daily, smell is unlikely to ever be an issue – for you or your bed partner. (All bets are off though if you eat asparagus!)

Do I need a someone to help me use the Loona?

Asking for help to use the bathroom can be embarrassing for anyone. The Loona is designed with this in mind. As long as you're able to sit up on the side of your bed or stand up safely next to it, most people are able to use it without assistance.

What will my partner say?

If they're a sound sleeper, probably nothing! The Loona's silicone funnel and patented waterfall bottle make for a quiet go. You're more likely to wake up your bed partner getting out of bed and walking to the toilet than using the Loona bedside.