


# Changing a Pad:

1 Check if it is time to change pad

A close-up photograph of a person's left wrist wearing a white smartwatch. The watch face shows the time as 5:42 and some other icons. The person's hand is visible, holding the watch.

2 Go to the bathroom

A photograph of a clean, modern bathroom. It features a white sink with a granite countertop, a white toilet, and a white bathtub with a shower curtain. A framed picture hangs on the wall.

3 Wash hands

A photograph showing a pair of hands being washed with white soap suds under a running faucet in a white sink.

4 Pull down pants and underwear

A photograph of a person's legs from the knees down. They are wearing black Calvin Klein underwear, which is being pulled down to their ankles. A white pad is visible on the inside of the underwear.

5 Sit on toilet

A photograph of a person sitting on a white toilet. Their black Calvin Klein underwear is pulled down to their ankles, and they are wearing a white pad.

6 Peel used pad off of underwear

A photograph of a person's legs with their underwear pulled down. They are peeling a used, white pad with a red stain off the inside of the underwear.

7 Fold pad so blood is on inside

A photograph of a person's hands holding a used, white pad with a red stain. The pad is being folded in half so that the stained side is on the inside.


8 Throw away used pad

A photograph of a person's hands holding a used, folded pad and dropping it into a black trash can. The trash can is on a white tiled floor.

9 Take out new pad

A photograph of a person's hands holding a new, white pad with a pink and blue pattern, partially out of its wrapper.

10 Peel wrapper off of back

A photograph of a person's hands holding a new, white pad with a green pattern, peeling the wrapper off the back.

11 Stick clean pad on underwear

A photograph of a person's hands sticking a new, white pad with a blue pattern onto the inside of their black Calvin Klein underwear.

12 Wash hands again

A photograph showing a pair of hands being washed with white soap suds under a running faucet in a white sink.