






Period Products

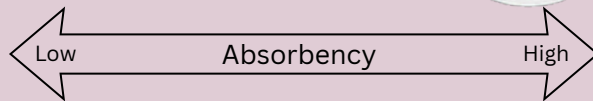
<p>Pad</p> 	<p>Pads are rectangular pieces of soft material with a sticky backing. They are stuck to the inside of your underwear and absorb menstrual blood when it flows from your vagina.</p>
<p>Tampon</p> 	<p>Tampons are made of soft material shaped into a small cylinder. They are inserted into the vagina and soak up period blood while it is inside your body. Tampons expand as they absorb blood.</p>
<p>Menstrual Cup</p> 	<p>A menstrual cup is a round, cup-shaped item that collects menstrual blood instead of soaking it up. Menstrual cups are inserted into the vagina and collect blood while they are inside you.</p>
<p>Menstrual Disc</p> 	<p>A menstrual disc is a round, bowl-shaped item that collects menstrual blood instead of soaking it up. Menstrual discs are inserted into the vagina and collect blood while they are inside you.</p>
<p>Period Underwear</p> 	<p>Period underwear is underwear is a special kind of underwear that has extra layers of absorbent material in the crotch which soaks up period blood as it comes out of the vagina.</p>

Menstrual Pads

Pad Sizes

Pads come in different sizes and thicknesses. The more absorbent the pad is the more blood it can soak up.

Liner Petite Regular Large Overnight



Pads vs Liners:

Menstrual pads are bigger and absorb more liquid than panty liners.



Liners:

- Very thin
- Very light bleeding or backup protection
- Some use daily for discharge



Pads:

- Thick-very thick
- Wings on sides
- Normal-heavy bleeding
- Overnight protection

What is a pad?

Pads are pieces of soft material that absorb menstrual blood when it flows from your vagina.

- Some pads are disposable and some pads are reusable.
- Pads come in different shapes and thicknesses.



How do you use a pad?

- The sticky (back) side of the pad is stuck to the crotch area of your underwear.
- Pads should be changed **every 3-4 hours** to avoid leaks & keep things sanitary.
- Disposable pads are thrown away after use. Re-usable pads are washed.



What are the pros and cons of using pads?

Pros:

- Easy to use
 - You don't need advanced motor skills to use pads.
- Can be used overnight
- Cleanliness
 - It is unlikely you will touch period blood
- Easy availability:
 - Most stores sell pads; some public restrooms offer them for free.

Cons:

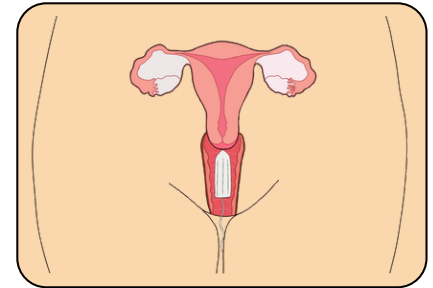
- Discomfort
 - The extra material and sensation of wetness can make pads uncomfortable for some people.
- Activity restrictions
 - Some activities like swimming or heavy exercise can't be done while wearing a pad
- Visibility
 - Larger pads can be seen when wearing tight fitting or revealing clothing.

Tampons

What is a tampon?

Tampons are small, absorbent cylinders inserted into the vagina to soak up menstrual blood.

- They come in various sizes and absorbencies for different flow levels.
- Some tampons are inside an applicator. The applicator goes into the vagina to insert the tampon and then is removed.



How do you use a tampon?

- Tampons are inserted into the vagina using an applicator or finger.
- Tampons should be changed **every 4-6 hours** to avoid leaks & keep things sanitary.
 - The string on the tampon is used to pull out the tampon.
- Tampons are thrown away after use.
- It is safe to pee while wearing a tampon.



What are the pros and cons of using tampons?

Pros:

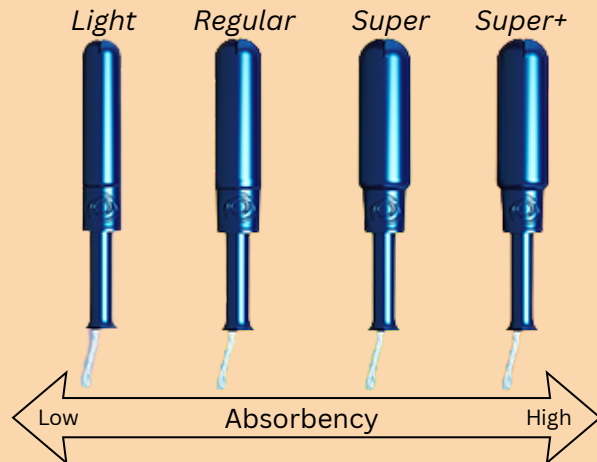
- Sanitary (applicators)
- Low maintenance
 - Easier to learn and use compared to cups and discs
- Safe to use with IUD
- Cleanliness
 - It is unlikely you will touch period blood
- Easy availability
 - Most stores sell pads; some public restrooms offer them for free.
- Many options for tampon and applicator style

Cons:

- Learning curve
 - Tampons can be hard to get the hang of.
- Discomfort
 - Tampons can be uncomfortable when first learning to use them.
- Waste & cost
 - Tampons cannot be re-used and must be re-purchased often.
- Motor skills
 - Tampons require advanced fine motor skills.
- Not suitable for light flow/spotting

Tampon Sizes

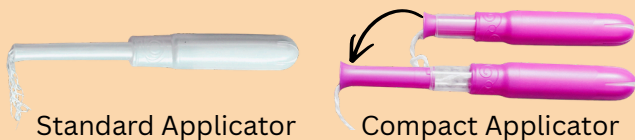
Tampons come in different sizes. The more absorbent the tampon is the more blood it can soak up.



Applicator Types

Tampons sometimes have applicators that help you insert the tampon.

Plastic Applicators



Applicator free



Cardboard Applicator

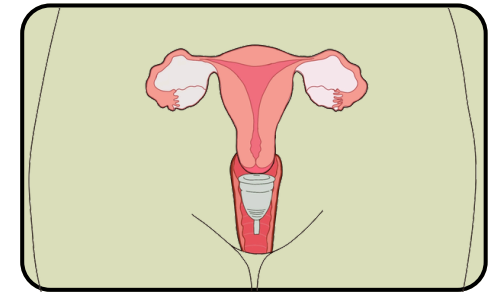


Menstrual Cups

What is a menstrual cup?

Menstrual cups are small silicone cups that collect menstrual blood when inserted in the vagina. They're considered reusable alternatives to tampons.

- There are many styles of menstrual cups.
- Some brands provide an applicator device similar to the applicator used with tampons.



Cup Styles

Because everybody's vagina and period are different there are tons of shapes and sizes of menstrual cups.

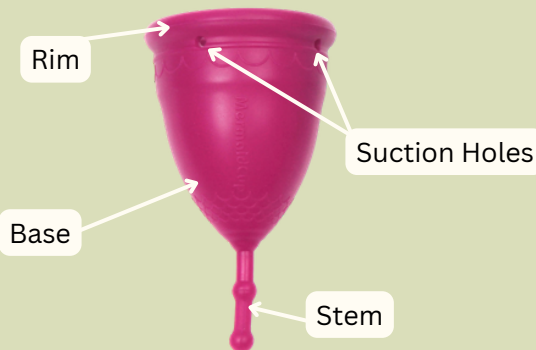


How do you use a menstrual cup?

- Cups are worn inside the vagina with the opening of the cup facing up.
- Fold the cup and slide it into your vagina with your hand.
 - An applicator can make this easier.
- Once inserted, the cup unfolds, and the rim seals the vaginal canal.
- Cups should be emptied every **8-12 hours**.
 - Cups are cleaned and reused after every use.



Menstrual Cup Parts



What are the pros and cons of using menstrual cups?

Pros:

- Reduced waste & cost
 - Cups are a one-time purchase that last for years, making them more cost-effective than disposables.
- Fewer changes
 - Once you put in the cup you can forget about it for the day.
- Supports vaginal health
- No activity restrictions

Cons:

- Challenging to learn
 - Inserting & removing a cup correctly can take a lot of practice.
- Requires maintenance
 - Cups need to be cleaned after each use.
- Changing in public is hard
 - Public bathrooms can make cup-emptying a challenge.
- Messy
 - It is likely you will get blood on yourself when inserting and removing cup.

Menstrual Discs

Disc Styles

Because everybody's vagina and period are different there are many different styles of cups to choose from.



Retrieval Stems & Notches:

Some discs have retrieval stems (similar to a tampon string) or notches for easier removal.



Disposable & Reusable Discs:

Disposable



Reusable



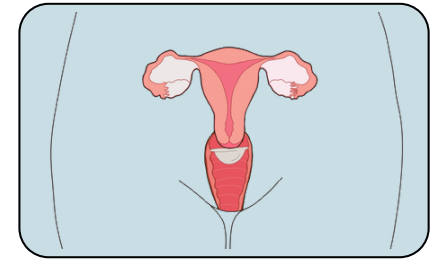
What is a menstrual disc?

Menstrual discs are small silicone bowls that collect menstrual blood when inserted in the vagina.

- There are many styles of menstrual discs.
- There are re-useable and disposable disc options.

How do you use a menstrual disc?

- Discs are worn inside the vagina with the opening of the disc facing up.
- Squish the sides of the disc together and slide it into your vagina with your hand.
- Once in the vagina the disc is tucked around the cervix so it can catch blood.
- Discs should be removed every **8-12 hours**.
 - Reusable discs are emptied washed and used again. Disposable discs are thrown away.



What are the pros and cons of using menstrual discs?

Pros:

- Reduced waste & cost
 - Reusable discs are a one-time purchase that last for years, making them more cost-effective than disposables.
- Fewer changes
 - Once you put in the disc you can forget about it for the day.
- Supports vaginal health
- No activity restrictions

Cons:

- Challenging to learn
 - Inserting & removing a disc correctly can take a lot of practice.
- Requires maintenance
 - Reusable discs need to be cleaned after use.
- Changing in public is hard
 - Public bathrooms can make disc-emptying a challenge.
- Messy
 - It is likely you will get blood on yourself when inserting and removing cup.

Period Underwear

Underwear Styles

Many underwear styles including masculine and gender neutral options.



Disposable & Reusable Underwear:

Disposable

Reusable



Period Outerwear

Shorts

Swimsuits

Leggings



Skirts



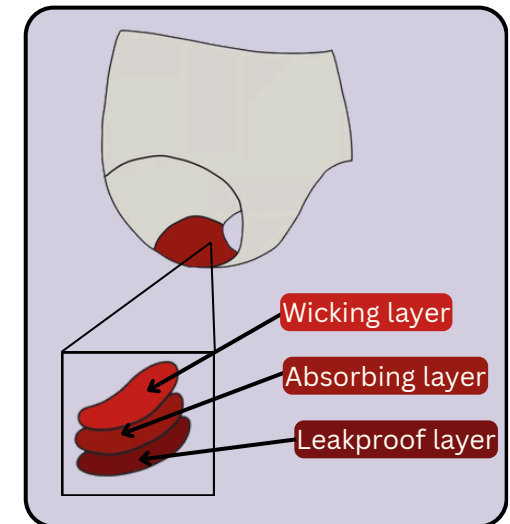
What is a period underwear?

Period underwear are reusable undergarments with specialized multi-layered designs to absorb blood from your vagina.

- They can also absorb discharge, urine leaks, and sweat.
- There are many styles of period underwear including disposable options.
- Some companies make leakproof outerwear too.

How do you use period underwear?

- Period underwear is worn like regular underwear.
- Period underwear can be the sole product or used with others as a backup.
- Typically, period underwear can be worn for **8-12 hours**.
- Period underwear is washed after use and reused.
 - Rinsing underwear in the sink before they go in the washing machine is recommended.



What are the pros and cons of using period underwear?

Pros:

- Super simple
- Reduced waste & cost
 - Period underwear is a one-time purchase that last for years, making them more cost-effective than disposables.
- Fewer changes
 - Once you put on the underwear you can forget about it for the day.
- Increased comfort

Cons:

- High initial cost
- Requires maintenance
 - Period underwear needs to be washed after use.
- Trial and error for fit
 - It can take some effort to find the right style and absorbency for your needs.
- Discomfort
 - Although less intense than pads, some may still notice a wet/damp sensation.