

Sensory Considerations & Tips for Menstruation

Things to consider:

Pads:

- You will see period blood when you wipe
- You will feel damp/wet sensation in your crotch
- Your fingers will touch the sticky side of the pad
- You may notice the extra material around your crotch
- You may find the material of the pad uncomfortable
- You may be able to smell period blood

Tampons

- You may touch your labia when changing
- You may see period blood when you wipe
- You may notice the tampon string touching your labia
- You may touch blood when disposing of the used tampon

Menstrual Cups & Discs

- Period blood and other discharge will get on your skin when changing
- You will touch your labia and vagina when changing
- You may find the material of the cup/disc (silicone) uncomfortable
- You probably won't see blood when wiping if you are not changing disc/cup

Period Underwear

- You will see period blood when you wipe
- You may notice the extra padding in the underwear
- You may feel damp/wet sensation in your crotch
- You may dislike the difference in texture compared to your everyday underwear.
- You may be able to smell period blood.

General

- It is common to experience more sensory dysregulation during menstruation.
- Sensitivities to any sensory input, whether or not it is period related, often increase right before and during menstruation.
- Sensory seekers often need more input during their periods.

Things to try:

Gloves:

- If you dislike touching your genitals or getting period blood on your hands try wearing disposable gloves when changing your product.

Spare Underwear:

- Keep spare underwear on hand in case you need to change out of wet underwear.

Prioritize comfort:

- Make sure your sensory safe/comfort clothes, bedding, and food items are available during your period.

Reusable pads & Period Underwear:

- Reusable pads and period underwear have a soft texture that may be more comfortable.

Daily wear:

- You can wear period underwear or pads everyday to avoid discomfort of changing textures during your period.

Unscented Products:

- Some period products are heavily perfumed and can be overwhelming- opt for fragrance free products.

Tampon starter packs:

- Many companies sell starter packs with a variety of tampon styles- use this to see what feels best for you.

Regulation tools on hand:

- Keep sensory regulation tools available when you're on your period.

Applicators:

- Using applicators for tampons and menstrual cups/discs decreases contact with vulva and period blood during insertion.

Menstrual cup varieties:

- The variety of cup styles available allows for a tailored fit and feel.