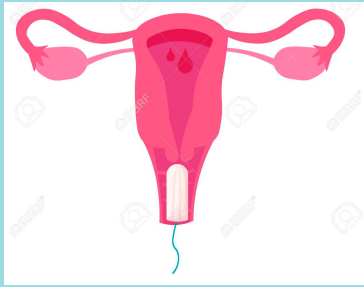


# Menstrual Hygiene Products

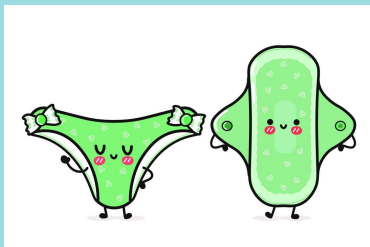
## Tampons



Tampons are pieces of cotton that go inside your vagina to soak up menstrual blood. Some brands have an applicator that helps with insertion. Tampons have a string attached to the end of them that stays outside your body to be able to pull them out. They come in different “sizes” depending on your flow.

- You should change out a tampon approximately every 4-8 hours depending on your flow
- Leaving a tampon in too long can cause toxic shock syndrome
- WASH your hands before insertion
- Putting a tampon in should NOT hurt but it could take practice. If it is painful talk with a doctor
- Tampons are not reusable and should be disposed of after every use; do not flush down the toilet

## Pads



Pads are a strip of absorbent material that sticks to underwear to absorb menstrual blood. There are different sizes and absorbent levels depending on the flow of the menstrual period. Pads have adhesive on the other side of the pad and flaps that come out to secure the pad to underwear. This form of menstrual product stays on the outside of the body.

- Pads should be changed every 4-6 hours
- Most pads are a one time use product, some are cloth and can be washed and reused
- Decreases risk for infection and toxic shock syndrome
- Range from panty liners to thicker pads depending on flow needs

## Menstrual Cups



A menstrual cup is a small, flexible, funnel-shaped cup made of rubber or silicone that is inserted into the vagina to collect menstrual blood. Menstrual cups are an eco-friendly alternative as they are reusable. Menstrual cups are available in different sizes depending on your flow.

- Menstrual cups can be worn for 6-12 hours depending on your flow
- Wash hands prior to insertion
- Applying water or a water-based lubricant to the rim of the cup can make insertion easier
- Tightly fold the menstrual cup in half to insert it
- If inserted correctly, you shouldn't feel your menstrual cup
- Menstrual cups should be washed and wiped clean before being reinserted

## Menstrual Underwear



Menstrual underwear look like regular underwear, but they have multiple absorbent layers to soak up menstrual blood. Menstrual underwear can be worn on their own, or can be used in combination with another menstrual product for extra protection. Menstrual underwear are a reusable option that can be washed and re-worn. Menstrual underwear are available in different absorbencies depending on your flow.

- Can be worn all day or may need to be changed out depending on your flow
- Pick a pair that feels comfortable, not too tight or too loose
- Rinse in cold water to clean