

## PERIOD PROTECTION INFORMATION PADS

A pad, or towel, is a piece of absorbent material that you stick to the inside of your underwear to absorb the menstrual blood.

Most females start with pads to manage their period, as they're really easy to use. Always thin pads include an absorbent core that turns liquid into gel, and gel can't leak!

### Choosing the right pad

Pads come in different sizes, shapes and absorbencies. This is because the amount of menstrual blood, or 'flow' changes throughout the period. Flow may be lighter at the start or end of the period and other factors affect it too. People with a higher BMI are likely to have a heavier flow.

When you have a heavier flow use larger pads with a higher absorbency. There are also special pads for nighttime which have a wider back, so they keep you protected no matter how much you toss and turn! Some pads have wings to keep them attached to your underwear, which can help you feel more secure, especially if you're doing something active.



### Using a pad

- Change your pad every 4 to 8 hours, or more often if your flow is heavy.
- Don't forget to use clean underwear every day; change them if they become soiled.
- Wash hands before and after changing a pad.
- Wrap and bin pads; never flush.



Find Your Fit	Underwear Size		
	S	M	L
Light Flow	Always 1 (1)	Always 1 (1)	Always 2 (2)
Moderate Flow	Always 1 (1)	Always 2 (2)	Always 3 (3)
Heavy Flow	Always 2 (2)	Always 3 (3)	Always 3 (3)
For extra Always night protection	Always 4 (4)	Always 4 (4)	Always 4 (4)

## PERIOD PROTECTION INFORMATION TAMPONS

A tampon is made from soft materials. It is inserted into the vagina where it soaks up menstrual blood before it leaves the body.

You can wear tampons while playing sport and you can even use them while swimming, as they absorb menstrual fluid before it leaves your body.

Remember, tampons go in your vagina (not your urethra). That means you can still pee while wearing a tampon. Some tampons are inserted using an applicator which can be made from plastic, cardboard or silicone. Others do not have an applicator and are inserted directly with the fingers. Some people find applicators easier to use, especially smooth plastic applicators like Tampax Pearl.

### Choosing the right tampon

There are different absorbencies to suit different needs and flows. The amount of menstrual blood, or 'flow' changes throughout the period. Flow may be lighter at the start or end of the period and other factors affect it too. People with a higher BMI are likely to have a heavier flow.

Most tampons come in regular, super or super plus absorbencies. It's best to use the lowest absorbency for your flow. If you take your tampon out and there's still white showing, use a lower absorbency tampon next time. If it leaks, move to a higher absorbency.



### Using a tampon

- Wash hands before and after inserting a tampon.
- Change tampons every 4-8 hours or more often if your flow is heavy.
- Never wear a tampon for more than 8 hours.
- Ensure that the last tampon is removed at the end of your period.
- Wrap and bin tampons; never flush!



## PERIOD PROTECTION INFORMATION

### MENSTRUAL CUP

A menstrual cup sits inside the vagina and collects blood throughout the day. It can be washed and reused many times.

The Tampax cup is made from 100% medical silicone – a type of plastic – and has been designed with an anatomical shape to stay in place and reduce pressure on the bladder. The cup moulds to the inside of the user's body to prevent leaks.

It can take a little practice to insert the cup correctly, but once you know how, it is easy to use. A menstrual cup can be worn during the day and night. Whilst you're getting used to using a cup and working out which size you need for your flow, it can be a good idea to use it with a panty liner in case of leaks.

#### Choosing the right size cup

Menstrual cups come in different sizes to suit different flows. The amount of menstrual fluid, or 'flow' changes throughout the period. Flow may be lighter at the start or end of the period and other factors affect it too. People with a higher BMI are likely to have a heavier flow.

#### Using a menstrual cup

- Wash hands before and after inserting a menstrual cup.
- Compress the cup to enable insertion. It will unfold once inside the vagina.
- Use the right cup size for your flow.
- The cup can be left in place for up to 12 hours.
- To remove, find the base of the cup with your fingers and squeeze your pelvic muscles as you pull the cup out. You can remove the cup in the shower and wash with soap and water before reusing. If you're not in the shower, just remove and tip the contents into a toilet or sink before washing the cup.
- After your cycle, sanitise your cup by boiling it in a pot of water, dry it thoroughly and store it in your Tampax carry case.
- Consider replacing your cup once a year.



## PERIOD PROTECTION INFORMATION

### PERIOD PANTS

Period pants are a special type of underwear that contain an absorbent layer. This layer collects menstrual blood and locks it inside the fabric.

Period pants look just like normal underwear, but some can contain as much as four teaspoons of blood. They can be washed and reused over and over again. They can be used alone, or as a back up to tampons and menstrual cups.

#### Choosing the right period pants

There are many different types of period pants available to suit different body sizes and they come in many different styles, sizes and absorbencies. The amount of menstrual fluid, or 'flow' changes throughout the period. Flow may be lighter at the start or end of the period and other factors affect it too. People with a higher BMI are likely to have a heavier flow.

Look at the instructions for different products to find out exactly how they should be used. Period pants come in different protection levels, and some have extra features like odour protection.

#### Using period pants

- Put period pants on like normal underwear.
- They can be worn all day. It's recommended that you change into a fresh pair at night.
- Wash hands before and after changing soiled underwear.
- Check the manufacturer's instructions on how to wash. Some need to be washed at a low temperature and without fabric conditioner.



## PERIOD PROTECTION INFORMATION

### PANTY LINERS

A panty liner is a thin, absorbent liner that you stick on the inside of underwear. They are designed to be worn every day to absorb discharge and perspiration, while keeping underwear clean and fresh.

Vaginal discharge is a creamy white/yellowish fluid that comes from the vagina. It helps prevent the vagina from drying out and protects it from infections.

Panty liners can also be used as extra protection when getting used to tampons or as period protection for light days or spotting. Spotting is a light vaginal bleeding that happens outside of your regular periods.

#### Choosing the right panty liner

There are different types of panty liner to suit different underwear styles. Some panty liners are longer, and some are designed to fit underwear shapes like a thong. They also come in scented or unscented varieties and some are wrapped individually so they can be easily slipped into a bag or pocket. Always panty liners are ultra-thin at less than 2mm.

#### Using a panty liner

- Wash hands before and after using a panty liner.
- Generally, a panty liner can be worn for a whole day. If it looks fresh and clean, you don't need to change it.
- Wrap and bin panty liners; never flush!

