

Menstrual Product Options.

When you have your period, you will need to use something to soak up the menstrual blood. There are lots of different products to choose from. Ask for help about a product if you are unsure if it is for you. A nurse, family member or friend can help you decide.



Pads
(or Sanitary Pads or Napkins)

- Easy to use and to know when to change product
- Some pads have wings on the sides that wrap over the edges of your underwear to help hold them in place
- Pads should be changed every 3-4 hours if you have light flow, more often if your flow is heavy

They come in different sizes or thickness, including:

Regular Pads (sizes XS-S)

- Shorter in length
- May hold less blood

Super and Super Plus Pads Maxi

and Mini Pads Overnight Pads (XS - XL)

- Longer, thicker and more flexible
- For moderate to heavy flow
- Wider to help prevent night leaks



Tampons

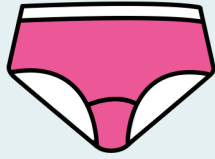
- Inserted into the vagina
- Some come with an applicator that guides tampon into the vagina
- Other tampons are inserted using a finger
- Taken out using a removal string that stays outside the body after inserted
- Come in different sizes (**Regular, Super, Superplus, Ultra**) and absorbancies
- Good for sports, like swimming



Panty Liners
or Shields

- Smaller and thinner than regular pads
- Wear inside underwear
- Hold a small amount of blood
- Good for light flow days or as extra protection with a tampon
- Work best when changed every 3 to 4 hours

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Period Underwear

- Look and feel like real underwear
- Made of strong layers to help keep blood from leaking through
- While may not hold enough blood for heavy periods, can be used as a back-up to tampons or menstrual cups
- Come in different colors
- Common Brands: Thinx™, Modibodi™, Knix™, Lunapads™, Dear Kate™



Menstrual Cups

- Inserted in the vagina like a tampon
- Made out of flexible materials
- Different sizes for different ages
- Blood stays in cup until emptied (~every 8-12 hours, or several times a day if flow is heavy)
- During heavy flow, empty more often
- Lines on cup help monitor blood loss
- Cups will not prevent pregnancy
- If washed properly, can be reused for up to 10 years
- Common Brands: The Diva Cup™, Lena™, Dutchess™, Lunette™, Athena™

Flex Menstrual Cup & Disc™

- Two different sizes; smaller cup good for light flow days
- Can be used while swimming
- Can be used during intercourse
- During heavy flow, empty more often
- Cup should be washed after every use
- Cup is reusable; Disc is not reusable

Insertion: Bend and fold down cup to insert.

Removal: Grab the stem to pull cup out.

Cleaning: Wash with mild soap and water after emptying. Boil for 10 minutes between cycles.



New Products Beppy Sponge™ Wet & Dry

- Flexible, soft and squishy
- Non-reusable
- Inserted like a tampon
- Wet sponge has a gel to help with insertion and a finger loop to help take it out
- Dry has no gel or removal loop
- Non-toxic: for sensitive skin
- Can be used during sports, while swimming, and during intercourse
- May need to change up to every 2 hours during heaviest days