



Period Product Guide

Menstrual products are a lot like clothes; there are many types that work for different occasions, bodies, and personal preferences.

Wear (external)

Pads - Disposable - 4-12 hours



Pads are made of soft materials and stick to underwear. They come in different sizes and shapes so they fit in all kinds of underwear (even thongs).

★ Good for Nighttime ★ Good for a first period

Instructions

1. Pull your pants and underwear down; sit or stand and unwrap your pad
2. Stick the pad to the inside middle of your underwear
3. Place wrappers and used pads in the trash bin. Do not flush!

Sizes



Worried about leaks?
Double Up! Wear a pad with another product like a tampon or menstrual cup

Period Underwear - Reusable - 4-14 hours



Period underwear can be worn and washed just like normal underwear. It is reusable and comes in different sizes and styles. There are also period swimsuits.

★ Good for Nighttime ★ Environmentally Friendly

Instructions

1. Wear just like normal underwear
2. When you are done wearing, throw period underwear in with normal laundry (wash suggestions may vary by brand)
 - It is best to air dry, but will be okay in the dryer on low heat

Sizes



Worried about leaks?
Double Up! Wear a pad with another product like a tampon or menstrual cup

Insert (internal)

Tampons - Disposable - 4-8 hours



Tampons are a soft and absorbent cylinder made of cotton or rayon that you insert into the vagina. The plastic part on the outside of some tampons is called an applicator and it makes it easier to use.

★ Good for sports and swimming

Instructions

1. Wash hands and get into a comfortable position (sit, stand, or put one leg up)
2. Unwrap the tampon and find your vaginal opening
 - If you can't finding the opening, try using your finger or a mirror
3. Gently insert the tampon into the vagina
 - If using an applicator, press the small end into the bigger end; pull plastic down
 - Once the tampon is in the correct position, the user will no longer feel it
4. Place all wrappers and used products in the trash bin. Do not flush!

Sizes



To Remove
Gently pull the string down

Menstrual Cups - Reusable - 6-12 hours



Menstrual cups are kind of like a tampon because you put it inside of the vagina, but it is made of silicone and can be washed and reused.

★ Good for Nighttime ★ Environmentally Friendly
★ Good for sports and swimming

Instructions

1. Wash hands and get into a comfortable position (sit, stand, or put one leg up)
2. Get your Menstrual cup and find the vaginal opening
3. Fold the menstrual cup so that it looks like a taco
 - If you can't finding the opening, try using your finger or a mirror
4. Gently insert the cup and let go higher up inside the vagina; adjust if needed
 - Try running your finger on the outside of the cup to make sure that it unfolded fully

Sizes



To Remove
To remove the menstrual cup, pinch the bottom on the cup to release the suction, then it should be easy to pull out

For More Information...

www.gowith-theflow.org