



An introduction to Reusable sanitary items

Menstruating people will need to use sanitary items on average 3000 days in their life

Using reusable sanitary items for your period will save money and waste to landfill

There are reusable alternatives to conventional pads and tampons

Menstrual cups

A menstrual cup will catch your period flow rather than absorbing. The cup is fitted similar to a tampon and will hold up to four times more period blood than a tampon! A menstrual cup only needs to be emptied 2-4 times a day and can be worn up to 12 hours (overnight) depending on your flow. A cup can even be worn when swimming.

The sizing of a menstrual cup is to do with either a light or a heavy flow. It is made from soft medical-grade silicone and will last up to 10 years.



Cloth pads

Cloth pads mimic a disposable pad in shape, performance, absorbency and fit. Cloth pads come in a range of sizes and flow needs such as liners, lights, regular, heavy, and night options.

Cloth pads have a waterproof backing and an absorbent top material such as cotton fleece, bamboo velour or hemp, designed to wick away moisture and hold your flow. You will need around 6-12 cloth pads depending on your cycle.



Period underwear/pants

Period underwear is specially designed to work on their own. They contain an absorbent built-in layer which make them leak proof, moisture wicking and odour absorbing.

They come in a variety of styles and absorbancies to suit all situations for light to heavy. Period underwear is designed to hold ½ a tampon to 3 tampons worth of menstrual fluid. Period underwear can also be used for light incontinence.



Washing and care for reusable sanitary items

Washing cloth pads

1. After use, rinse in cold water until the water runs mostly clear.
2. You can either soak the cloth pad in a container of cold water or store the rinsed pad in either a dry pail or wetbag (a bag made of PUL material) for up to 24 hours until ready to wash.
3. Wash with your regular clothes load and line dry.

Washing period underwear

1. After use, rinse underwear in cold water (either in the laundry sink or at the bottom of the shower).
2. Ring out and store underwear in an aerated container dry pailing until ready to wash.
3. The underwear can be washed with your regular clothes load. Check the manufactures wash instructions to ensure ongoing performance and longer use.

How to use and wash a menstrual cup

1. Before using, wash hands.
2. Fold the cup in half, then form a 'C' shape.
3. Insert the rim first into the vagina and let it open slowly. Then push the cup the rest of the way in. When inserted correctly, it should not be felt.
4. To remove when full or after 12 hours, pinch the cup to break the suction seal and tip any blood into the toilet. Rinse thoroughly and reuse.

