# CHOICE OF MENSTRUAL PRODUCTS

## DISPOSABLE PAD

- Pads made of absorbent material that are worn in a person's underwear to soak up menstrual flow.
- Available in different sizes and thicknesses. Must be changed every 4-6 hours, depending on menstrual flow, to avoid leaks, infections, and bad odor.
- Users must wash hands with soap and water, before and after placing, changing, or removing the pad.
- **Lifespan:** Single use only.

## HOW TO DISPOSE

Do not flush in the toilet

Wrap in paper*

Put in the bin

Close bin

* One can wrap it with toilet paper, product packaging, or whatever material is convenient or available.

## REUSABLE PAD

- Cloth pad made of absorbent material that is worn in a person's underwear to collect menstrual blood.
- Must be changed every 2-6 hours, depending on menstrual flow.
- Users must wash hands with soap and water, before and after placing, changing, or removing the pad.
- Can be soaked, washed, and dried to be used multiple times.
- **Lifespan:** Can last up to two years of use.

## HOW TO REUSE

Fold used pads inwards and place in a leak proof bag

Soak in clean water

Wash with clean water and soap

Dry completely in the sun or indoors

## MENSTRUAL CUP

- Flexible device made of high-grade medical silicone.
- Inserted into the vagina to collect menstrual blood.
- User must wash hands with soap and water before placing, changing, or removing it.
- Can be worn for up to 12 hours and cleaned to use again.
- **Lifespan:** Can last for up to 10 years.

## HOW TO REUSE

### AT HOME

Sterilize between cycles by boiling in clean water

Store clean cup in a clean bag

### AT WORK

Remove from the vagina and empty into a toilet

Wash with clean running water

Reinsert into the vagina

If not reused, put the rinsed cup in a small clean bag to carry home

**NOTE:**
**If you have any questions about the menstrual cup, reach out to Ebby Weyime via WhatsApp on 0703 840 779; or Vanessa Kivugale on 0721 584 467. Both are happy to help you become more comfortable with using the cup.**

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