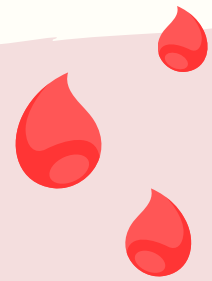


# What can I use for my period?

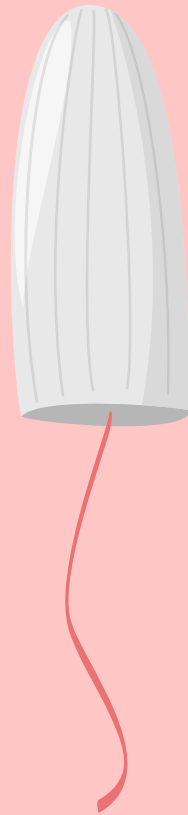


There are a range of different products you can use to help you catch the flow of blood during your period.

It's your choice which ones you'd like to use.

Let's have a look at some popular options!

# Tampons



a non-reusable cotton product which is inserted and then disposed of.

# Tampons

## + Pros +

More comfortable

You can swim

You can't see it from the outside

You can wear any underwear

## — Cons —

Can be trickier to put in place

Not eco-friendly (but can buy biodegradable ones)

Higher risk of Toxic Shock Syndrome (TSS)

# Pads

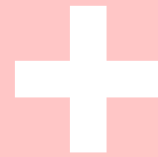


a non-reusable liner which you stick to your underwear.

# Pads



## Pros



Easy to use

Lots of options for different flow and activities

Widely available

You don't need to insert anything



## Cons



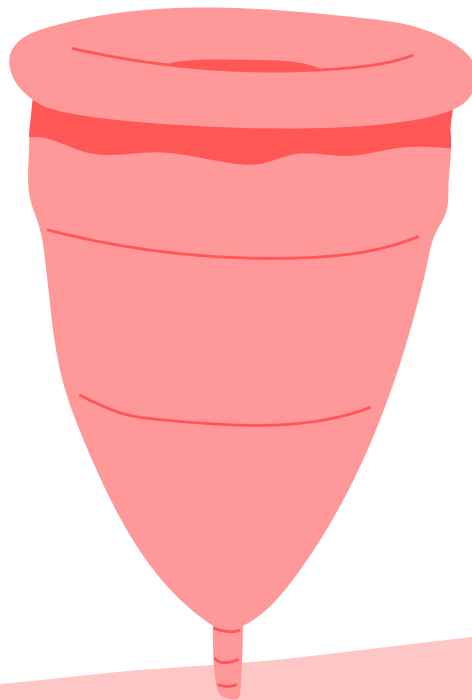
Sometimes they can smell bad

Not eco-friendly (but can buy biodegradable ones)

You can't swim with them

Less discrete

# Menstrual Cups



a reusable silicone cup which is inserted and washed afterwards.

# Menstrual Cups



## Pros



No odour

Eco-friendly

No leakage when inserted properly

Long lasting (can stay in for 12 hours)



## Cons

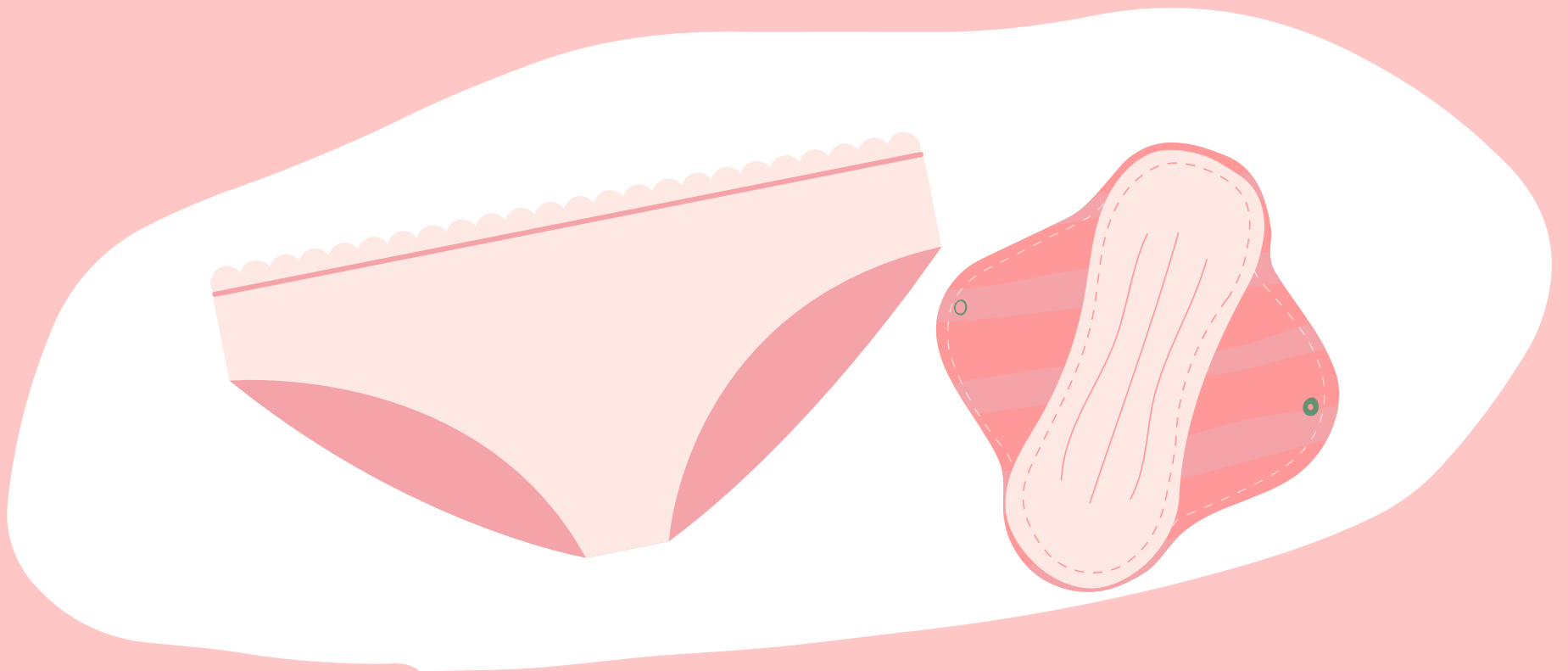


Can be tricky to learn how to use

Need to wash it

Low risk of Toxic Shock Syndrome (TSS)

# Period Underwear



reusable absorbent underwear  
and pads.



# Period Underwear



## Pros



Eco-friendly

Don't need to insert anything

Comfortable



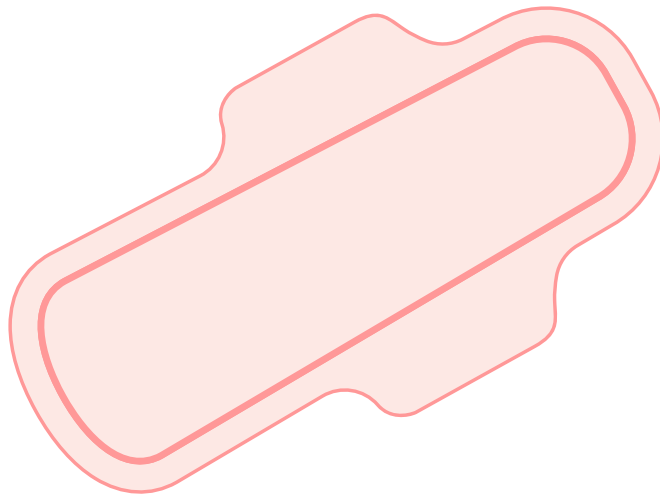
## Cons



Need to wash them

Require planning if you need to change them  
while out

# Liners



thin pads for light bleeding or  
everyday use.

# Liners

+

**Pros**

+

Good for light periods or discharge

Don't need to insert anything

Comfortable

—

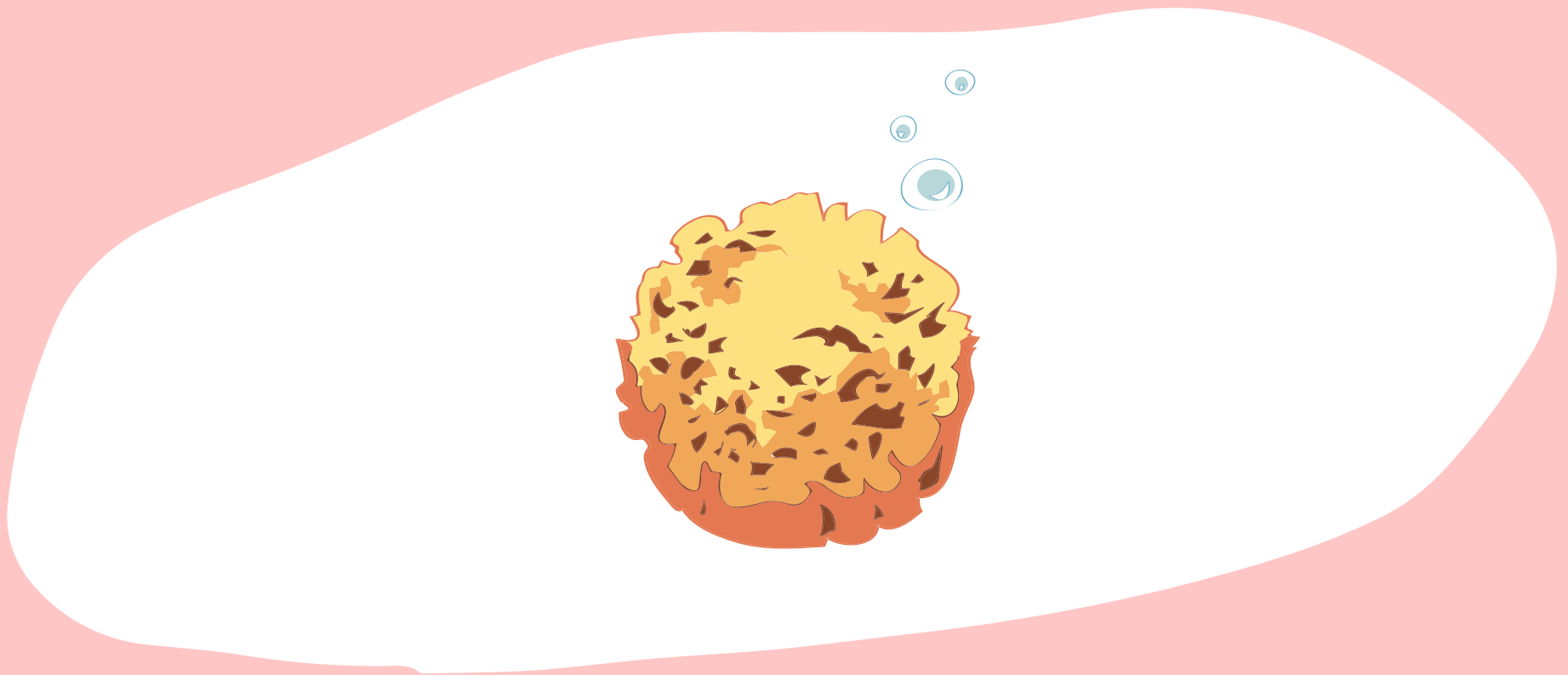
**Cons**

—

Not reusable

Can leak if there is more blood than expected

# Sponges



a small sponge that is inserted into the vagina to absorb blood.

# Sponges

+ Pros +

You can have sex with them in  
Reusable up to ? times

— Cons —