

# How To Use Products

## How To Wear a Pad

### Step 1: Choose the right pad for your period.

Pads come in different shapes and sizes because menstruation is different for everyone. Pads have labels like "regular" and "super." This tells you how much fluid the pad will hold without leaking. Lighter pads hold less, but they may also feel lighter and allow you to move more freely. Heavy/super pads hold more and have less chance of leakage. Choose the pad that is right for your menstrual flow and comfort. After a few tries, you will find what works best for you.



### Step 2: Get ready to apply your pad.

Wash your hands with soap and water. Remove the pad from the packaging. Remove the paper attached to the pad and throw it away. Sit down on the toilet and pull your underwear down slightly below your knees.



### Step 3: Apply/remove your pad.

Attach the sticky side of the pad to your underwear. If there are wings, wrap the wings around your underwear. Pull your underwear up and wash your hands with soap and water. Some people change their pad every time they use the bathroom. You may wear it for longer. If your pad feels wet or uncomfortable, replace it with a new one.

To remove, peel the pad off your underwear. Roll it up and wrap it in toilet paper. Throw it in the garbage or small trash bin in the stall. **Do not put pads in the toilet. They can clog the toilet and cause it to overflow.**



## How To Insert a Tampon

### Step 1: Choose the right tampon for your period.

If you have not used a tampon before, you can start with tampons labeled "regular" or "light." Pick the lightest/smallest size tampon to start. If you leak menstrual fluid before 4 hours, choose a tampon for a heavier flow. If your tampon is hard to remove after 4 hours because it is dry, choose a tampon for a lighter flow.

### Step 2: Get ready to insert your tampon.

Wash your hands with soap and water. After pulling your underwear down, sit on the toilet with your legs open, or stand with one leg on the toilet. Locate your vagina. Your vagina is toward the back of your genital area, before your anus. Remove the tampon from its packaging. Most tampons have two parts: an outside applicator and a cottony, absorbent tampon inside. The applicator helps you insert the tampon into your vagina.



### Step 3: Insert/remove your tampon.

Point the rounded end of the applicator towards the opening of your vagina. Gently press the applicator part inside your vagina. While holding the applicator inside the vagina, push the back of the applicator in towards your body. This will push the cottony tampon part out into your vagina to absorb the menstrual blood. A string will be attached to the tampon, hanging outside of the vagina for removing the tampon later. If the tampon feels uncomfortable, use your finger to push it in further. Place the used tampon applicator in the tampon packaging and throw it in the garbage. Wash your hands with soap and water.

Wear your tampon for 4-6 hours. You may use the bathroom with the tampon still inside the vagina. **Do not wear your tampon longer than 8 hours, as you may put yourself at risk for serious illness.**

To remove, find the string between your legs. Pull gently. It should come out easily. If it doesn't, stay calm, take a breath, and try again. If it is uncomfortable to pull out, switch to a lighter absorbency for your next tampon. Wrap your used tampon with toilet paper and throw it away in the stall's garbage or small trash bin. **Do not put tampons in the toilet. They can clog the toilet and cause it to overflow.**



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