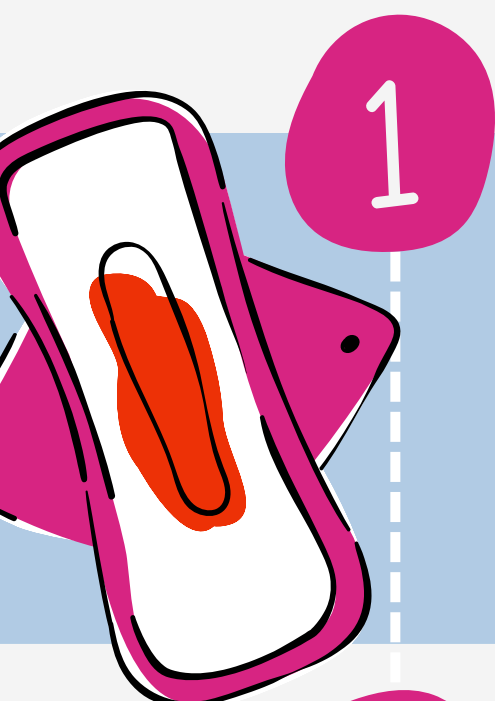


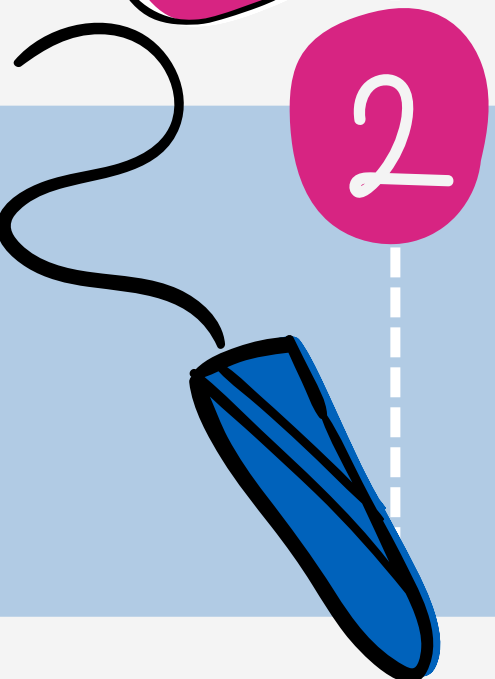
MANAGING MY PERIOD: THE OPTIONS

When it comes to managing your period and choosing period products, there are **many different options available**. The type of product(s) you use will vary depending on personal preference, blood flow, and maybe even the sport/activity you do. Below is a short **summary of the different types of period products available, including how they work**. For more information you can also see our 'Managing my Period: What are the options?' booklet.



Pads

Pads are probably the first-ever period product you will use and they are one of the easiest period products out there! Pads are made of absorbent material that you simply stick to the inside of your underwear to absorb your period blood as it comes out of the vagina. You can also buy reusable cloth pads that work in a similar way.



Tampons

Tampons are another very common period product. These are cylindrical and are made of compacted, soft, cotton (or other fibres) material. A tampon has to be inserted into your vagina where it sits and absorbs period blood before it comes out of your vagina. A string attached to the bottom of the tampon is used to remove the tampon.



Period knickers

Period knickers are new to the period product scene but they are very easy and simple to use. They are just like your regular underwear except they contain extra, absorbent layers of fabric which allows them to absorb menstrual blood. They can be used on their own or as a backup for tampons and menstrual cups. They are reusable and can last several years.



Menstrual cup

Menstrual cups are small, egg-shaped cups made from flexible materials, like medical grade silicone that you insert into the vagina. They work like tampons in that they sit inside of the body. But, rather than absorbing blood, cups collect the blood to be disposed down the toilet once you've removed your cup. They are reusable and can last up to 10 years!



QUICK TIPS

Periods sometimes arrive unexpected. To avoid not having period products when you need them (especially when you're playing sport) create a period product kit with all your favourite products in which you can take with you wherever you go!

For more Female Athlete Education Resources see:

Website: www.SHEResearch.ie

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