

## no more taboo.'s guide to reusable pads.

Thank you for purchasing a no more taboo. reusable pad. We source our pads either locally through Honour Your Flow [www.honouryourflow.co.uk](http://www.honouryourflow.co.uk) or from our partner Irise international in Uganda who are mobilising marginalised women to sew and sell reusable pads through their enterprise EasyPad [www.irise.org.uk](http://www.irise.org.uk).

All information supplied below is to be taken as advice, not fact, in relation to any reusable pad.

### What is a reusable pad?

A reusable pad is a sanitary pad or towel that can be used more than once. In fact, it can be used over and over for up to 2 years. It is an alternative to conventional disposable products such as sanitary towels and tampons.

### What size and absorbency?

Every manufacturer offers different sizes and absorbencies so if we don't sell the type and size you like you can shop around to find someone who does. Your flow will vary during your period so you may want several absorbencies and different shapes depending on what you are wearing.

### How many should I get?

To try reusable pads I would recommend getting 3 of a regular absorbency so you can experience what it is like using them for a whole day. A full kit would be minimum 6, probably 3 regular 1 light and two heavy/night time. But this depends on you and your flow, experimenting is the best way to find what works for you.

### How does it work?

The pad is made up of several layers, usually consisting of several absorbent layers, which may be fleece, organic cotton, bamboo fibre or towelling. Below this there is usually (but not always) a waterproof layer so blood cannot soak through onto your underwear. There are many different options of materials and you may find you prefer a certain type. The menstrual blood soaks into the pad and the pad absorbs the blood.

### How often should you change your pad?

Women report that reusable cloth pads often have the same if not better absorbency than disposable plastic pads. Best practise is to change your pad every 4-8 hours depending on your flow. You may need to change more regularly than this if the pad seems to be full and not absorbing more.

## When and how do you wash your cloths?

To help reduce stains you can soak your pad in cold water (not hot as this encourages stains) as soon as you are finished using it. If you are out and about you can start this process whilst on the move by putting a little bit of cold water in with your pad in a plastic zip lock bag or a purpose designed wet bag.

You can leave pads soaking for more than a day as long as you change the water every day, otherwise they will start to smell. This is handy if you wish to wash them all together at the end of your cycle.

After soaking you can either wash by hand or in the washing machine, on their own or in amongst your other clothes. You shouldn't wash above 40° and you it is often recommended not to use fabric softener.

Ensure you dry your pads in sunlight as this kills any bacteria. Tumble drying is often not recommended.

### Are they easy to use?

Yes. It's just like using a regular sanitary towel but instead of throwing it away you wash it.

### Why should I change my type of sanitary protection to a reusable pad?

Yes reusable pads are different but sometimes change is a good thing. The advantages of using reusable pads are numerous. Firstly, you don't need to worry about being stocked up with disposable pads or tampons all the time. You only need a handful of pads which will last for up to 2 years. Environmentally you will be producing little to no waste for the next 2 years and you don't have to worry about what is happening to that waste. Cost saving, although it has a higher initial cost reusable pads will save you money in the long run. A stock of 6 will cost roughly £40 on average women in the UK spend £65 a year on sanitary products so you will save £90 in 2 years! You aren't putting nasty chemicals in or near your vagina. Disposable products are full of bleach and chemicals which can irritate the skin. Reusable pads are made of organic materials which are soft to the touch. You will feel more comfortable with soft cotton compared to scratchy, sweaty plastic.



Love your pad? Tell us about it! And #starttheconversation on menstruation.