Warning : NB: Heavy periods that result in leaks during the night may be a sign of other gynecological conditions, such as endometriosis or fibroids, which are benign growths in the womb.

It could also mean that your level of iron is below what is healthy, so make an appointment to see your doctor for a check up.

Tips:

Change your pad or tampon regularly. It will keep you feeling fresher and smelling better.

Don't forget to rinse the floor of the shower as a courtesy to the next person.

Relax and enjoy your shower. That warm water will feel good if you're feeling bloated, sticky, or moody and noraly it will just all around help your cramps.

Don't douche (don't insert any foreign object to scrub your vagina). It can disrupt the good bacteria that protect you against fungus. Gravity and normal vaginal fluids will clean the area naturally.
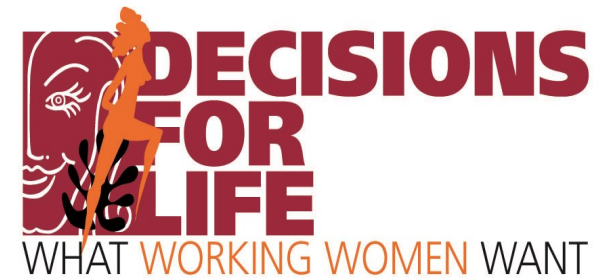
SANITARY USE AND DISPOSAL

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SANITARY USE AND DISPOSAL

DECISIONS FOR LIFE

WHAT WORKING WOMEN WANT

ZCTU WOMEN AND GENDER DEPARTMENT

How to use a Sanitary Napkin

Steps

1   Choose a pad of the appropriate thickness and absorbency. If you have a light period, start with a light pad, and so on.

2. Look at the rating and length, and try a few different brands and styles before settling on one you like.
3. Thinner pads are often more comfortable to sit on.

2.   Remove any wrappers or boxes from the pad. You can discard them or use them to dispose of the used pad you are replacing.

3.   Fold out the flaps, or wings open the bag and take off the long, center backing that covers the adhesive on the center.

4.   Stick the adhesive part to your panties. You'll get better with practice at centering the pad front to back.

5.   Remove any backings from the adhesive on the flaps or wings and fold them around the panties so that they stick.

6.   Wear tight fitting panty for comfort.

7.   Wear the panties as usual. Check regularly to see if the pad needs changing. You can check when you go to the bathroom. Change the pad every few hours as needed to avoid odors.

Showering while menstruating.

- Remove any tampons or pads.

- Shower as usual, except wash your private for about a minute or less. If your skin or hair is extra oily during your period, you may wish to take extra care to wash them or use soaps or shampoos formulated for oily skin.

- Soap up, but avoid getting soap on mucous membranes or inside your vagina. This is because the pH level of your vagina is regulated by the body in order to keep away vaginal infections - soaps upset the balance, making the vagina more susceptible to infection. Wash the surrounding skin, but not the inside of your vagina or labia.

- Dry off and promptly put on underpants with a pad or insert a fresh tampon.

How to remove blood stains

Blood stains are permanent once they set. Removing them before the item is washed and dried is essential. All you need is cold water and good old fashioned soap. Liquid soap is easiest, but bar soap works as well

- Using only COLD water dampen the stain.

- Rub salt into the area (fold the stain in on its self and rub the fabric together to save time and effort).

- When the blood is nearly gone just throw the garment in a normal wash.

Soap Lather Method

- Wet the stained area in cool or cold water.

- Rub a generous amount of soap or shampoo right into stain.

- Scrub the area hard between your fists, with your palms facing each other.

- Work up a good lather. Add more water if needed.

- Rinse in cold water and repeat until the stain is gone. Do not use hot water. Hot water makes the stain set in.

- If the hand washing with soap does not immediately get the blood out, pour ammonia straight on most items of clothing--it will NOT damage the fabric like bleach will. It will not fade your clothes unless the dye in the fabric is not permanent or tie dyed or batik.

- The blood stain will magically disappear

Disposal

- Remove any tampons or pads.

- Wrap securely with an old newspaper or any old paper material.

- Never flush pads or tampons. Dispose of them in the trash, instead.

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