

Menstrual Discs

Menstrual discs are new to the market and are adapted from menstrual cups. They are also made from soft silicone and are worn internally to collect menstrual blood, sitting in the vaginal fornix, where the vaginal canal meets the cervix.

There are also disposable versions of menstrual discs.

Like menstrual cups, menstrual discs can offer up to 12 hours of protection, but use the pubic bone to stay in place, rather than suction.

Cleaning the disc is the same as cleaning a cup (rinse with water when changing and boil at the end of the cycle for 5 minutes). Discs without a string or loop to grab can be harder to take out - you may need to bear down or try different positions to reach it.

They cost can range between \$50 and \$80 each, and when looked after can last between 5 and 10 years. Always follow the instructions provided by the manufacturer.

Reusable Pads

Reusable pads work just like regular disposable pads, but are designed to be washed and reused.

There are many types of reusable pads on the market. The best types use the same four layers used in period underwear to help absorb period blood and avoid leakage.

Reusable pads sit on top of the underwear gusset (the absorbent area of the underwear between the legs), with the wings wrapping under the underwear, clipped together with snaps.

Just like period underwear, they need to be rinsed in cold water, and washed in cold water. Never put in the dryer, as this can melt the layers - always air dry like period underwear.

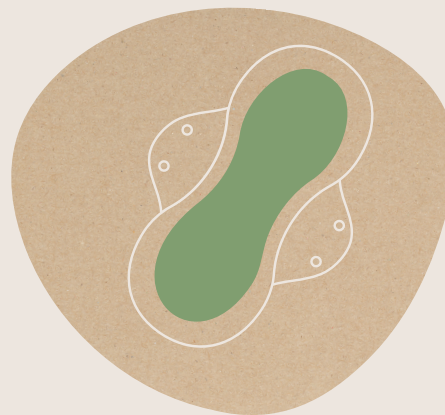
A set of three pads costs between \$20 and \$60. When looked after well, reusable pads should last between 2 and 5 years.

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Our Guide to Reusable Period Products

About The Period Place

Our mission is to ensure everyone who menstruates has access to what they need, when they need it, without judgement or fear.

We work to ensure:

- menstruators have access to relevant period education before their period starts
- opportunities exist for continued education on menstrual and reproductive health across our lives
- menstruators have access to the period products they choose, every time they need them
- importantly, that the pervasive stigma and taboos surrounding periods are eliminated for the empowerment of everyone who menstruates

About this brochure

While reusable period products are now so mainstream they're available in supermarkets, we know how personal it can be to change your trusted period routine to try a new product.

Will it work? Will it be the right product for my body? How do I choose? Where do I start? We're here to help you answer those questions.

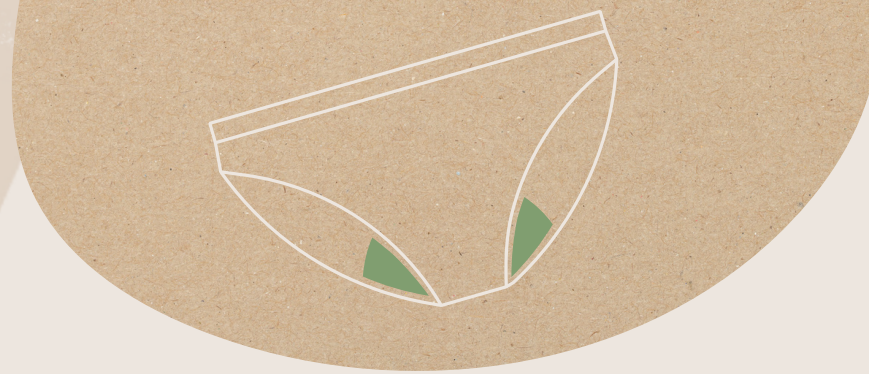
Always check where the products are made, what type of material they are made from, and if you have any questions, contact the brand to ask, or reach out to The Period Place.

Email us hello@theperiodplace.co.nz or send us a message on social media.

 @theperiodplace



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Period Underwear

Period underwear offers an option to collect menstrual blood in a way that makes you feel like you're just wearing regular underwear.

The science behind these specially-made layers, means that period underwear may feel a lot thinner than you're expecting. While there are differences between brands, period underwear generally consists of 4 layers:

- A moisture-wicking layer
- A layer designed to absorb period blood
- An extra-protection layer (some also use this as a layer that neutralises the smell)
- A regular layer of the underwear itself (e.g. a cotton layer)

Brands offer a variety of absorbency options (light, medium, heavy or overnight). The absorbency impacts the size of the gusset (the absorbent area of the underwear between the legs) and how long you can wear them. Period underwear is available in every type of underwear shape; bikini, boyleg, high waist, brief, boyshort

They cost between \$20 and \$50 a pair, must be rinsed and washed in cold water, and air-dried. With proper care, period underwear can last between 1 and 3 years (depending on the brand). Always follow the instructions provided by the manufacturer.

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Menstrual Cups

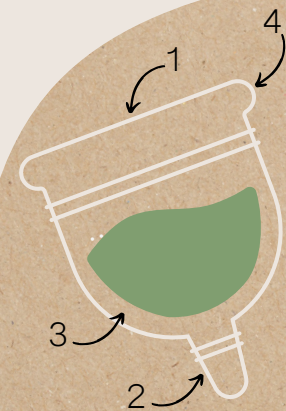
Menstrual cups are made of soft silicone, inserted into the vaginal canal to collect the menstrual blood.

Depending on flow, a menstrual cup is safe to stay inserted for up to 12 hours, overnight and while exercising and swimming.

Generally, smaller cups are designed for petite bodies, younger users and/or those who haven't given birth (via c-section or vaginally). Larger sizes are designed for those who have been pregnant or use super tampons.

Menstrual cups can take a few periods to figure out the technique, fold and cleaning routine that works best for you. In between changes you need to rinse the cup out, making sure that the small suction holes are clean. This can be done in the bathroom sink at home, or rinsed with a water bottle if in a public or work cubicle.

They cost between \$20 and \$60 each, and when looked after can last between 5 and 10 years. Always follow the instructions provided by the manufacturer.



1. Suction holes: These help to break the seal when removing the cup - the suction is broken once you pinch the bottom of the cup.
2. Stem: Sits internally, makes it easier to locate the cup. These vary in size, and some prefer to trim/ remove the stem entirely
3. Base: Where the blood collects
4. Rim: Top of the cup

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