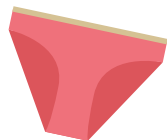


# Wash and care

Follow guidance from  
Clean Cloth Nappies:



## For cloth pads and period underwear:

- Rinse after use and store in a dry pail/ basket with air flow until you are ready to wash them.
- Wash using a strong detergent and warm to hot water (40-60°C).
- Choose a long wash cycle and, follow your washing machine manufacturer's advice to load the machine for good agitation.

## For Menstrual Cups & Discs

Your cup or disc will come with cleaning instructions, however in general:

- Sterilise before the start of your cycle
- Rinse with water when emptying between uses
- At the end of your cycle, clean with regular soap and water, and sterilise before storing.



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## For more information visit

[whitehorse.vic.gov.au/reusable-nappy-period-products](http://whitehorse.vic.gov.au/reusable-nappy-period-products)



这张小册子介绍了一些可以重复使用的经期用品。它们不仅省钱、省心,还对环境更好!想了解更多?请上我们的网站看看。用谷歌翻译就能阅读中文版本。

## Sources

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3. [thepennyhoarder.com/save-money/reusable-menstrual-supplies](http://thepennyhoarder.com/save-money/reusable-menstrual-supplies)
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5. [menstrualcupsaustrialiaonline.com.au](http://menstrualcupsaustrialiaonline.com.au)

## Credit

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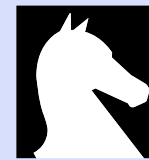


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# Reusable Period Products



Discover the range of reusable period products so you can enjoy the cost saving, convenience and environmental benefits!

# Why choose reusables?

## Reduce waste

Did you know that a person can expect to use around 10,000 disposable menstrual products in their lifetime?

Most of these end up in landfill where they can take 300-500 years to decompose, if ever. By switching to reusable menstrual products you can avoid contributing to this waste associated with managing your period.

## Save money

The amount of money you can save by switching to reusable period products depends on the frequency, heaviness, and duration of your period. It's estimated that a person will spend around \$100 a year to manage their period. Next month, take note of how many disposable products you use and the cost, and you will be able to work out how much you typically spend in a year.

## Comfortable and convenient

Cloth pads and absorbent period underwear flex with your body making them comfortable to wear. When menstrual cups and discs are inserted correctly, you won't feel them and because they are reusable, you'll never run out making them super convenient! With so many options, you're bound to find a product that suits your needs, budget and body.



# External options

If you currently use disposable pads, you might consider switching to an external product such as absorbent period underwear or cloth pads.



## Absorbent period underwear

- Look and feel like regular underwear with built-in absorbent layers
- Available in various styles (bikini briefs, trunks) and absorbency levels
- Simply wear in place of regular underwear

## Cloth pads

- Reusable alternative to disposable pads and liners
- Wings wrap around underwear and secure in place with press studs
- Feature leak-proof backing and absorbent internal layers
- Available in many shapes, sizes, fabrics, and absorbency levels
- Custom options available in fabrics and patterns of your choice



## How many do you need?

The number of cloth pads or pairs of period underwear you'll need will vary from person to person, but you will roughly need around 6-12 (plus some spares) with varying levels of absorbency, to match your flow from day-to-day.

# Internal options

If you currently use tampons, you might consider switching to an internal product such as a menstrual cup or menstrual disc.



## Menstrual cups

- Worn inside the vagina to collect flow rather than absorb it
- Form a seal once inserted
- Often made from medical grade silicone in various sizes and shapes
- Can be worn for 8-10 hours depending on brand and flow
- May take a few cycles to master

## Menstrual discs

- Another internal option that collects rather than absorbs
- Props against pubic bone instead of creating a seal
- Size and shape matter less than with cups
- Very convenient: only one disc needed to manage your period



## How many do you need?

If you have decided that a menstrual cup or disc is for you, you only need to buy one, making them a very simple switch that can be used for years – sometimes up to 10 years if looked after well and depending on the manufacturer's recommendations.