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| Priority: | Suitable for heavy flow | Recommended length of wear | Comfort | Suitable for low dexterity | Suitable for sensitive skin | Suitable | Minimal preparation and maintenance | Facilities/ accessories required | Affordability |
| for |
| Product: | heightened sensitivities |
| Organic tampons | \*\*\* | 2-8 hoursOften worn in combination with a liner, pad or period pants. | \*\*\*\*May dry out skin | \*\*May want support from carer/ PA. | \*\*\*All natural ingredients.May dry out skin | \*Will come into direct contact with blood and vulva.Noisy wrappers. | \*\*\*\*Need to purchase on a monthly basis. | BinRecycling bin (for paper packaging only) | 19p per tampon |
| Non-organic tampons | \*\*\* | 2-8 hoursOften worn in combination with a liner, pad or period pants. | \*\*\*May dry out skin | \*\*May want support from carer/ PA. | \*Likely to contain plasticisers, pesticide residues and synthetic materials. | \*Will come into direct contact with blood and vulva.Noisy wrappers. | \*\*\*\*Need to purchase on a monthly basis. | BinRecycling bin (for paper packaging only) | 11p per tampon |
| Applicator tampons | \*\*\* | 2-8 hoursOften worn in combination with a liner, pad or period pants. | \*\*\* - \*\*\*\*Depends whether organic or not. | No stars | \* - \*\*\*Depends whether organic or not. | \*\*Avoids direct contact with blood and/or vulva on insertion, but still contact on removal. | \*\*\*\*Need to purchase on a monthly basis. | BinRecycling bin (for paper packaging only) | 13p - 19p per tampon |
| Reusable tampon applicator | \*\*\* | Used for insertion only. | Used for insertion only. | No stars | N/A | \*\*Avoids direct contact with blood and/or vulva. | \*Must buy disposable tampons on a monthly basis, and carry applicator. | BinRecycling bin (for paper packaging only)Sink/wipe/tissue | £19.99 (without tampons) |
| Menstrual cupGenerally 2 sizes (brand dependent) | \*\*\*\*\* | 4-12 hoursOften worn in combination with a liner, pad or period pants. | \*\*\*\*If inserted properly and suitable brand/style chosen considering height of cervix, lifestyle, birth history, etc. | \*Some brands have ring grips which may make it easier to remove.May want support from carer/ PA. | \*\*\*\*If medical-grade material and positioned correctly.Try a cup made from a softer material. | \*No packaging.Will come into direct contact with blood and vulva.Try a cup made from a softer material.Trim the stem if necessary.Relax muscles when inserting/ removing, or use a lube. | \*\*\*Carry 1 small product.Cup needs to be sterilised once a month and rinsed between uses.Can take several cycles to learn how to use with confidence. | Sink/wipeSterilysing fluid or saucepan and hob for monthly sterilysing. | £9.00 - £20.00(7p - 17p per period over product lifetime) |
| Organic disposable pad | \*\* | 3-4 hours | \*\*\*\*If changed regularly enough.Wings to keep in place. | \*\*\* | \*\*\*\*If can be changed regularly. | \*\*\*No added fragrances. Noisy packaging. | \*\*\*\*Need to purchase on a monthly basis. | BinRecycling bin (for paper packaging only) | 25p per pad |
| Non-organic disposable pad | \*\* | 3-4 hours | \*\*\*If changed regularly enough.Wings to keep in place. | \*\*\* | \*Chemical fragrances.Plasticizers. | \*Chemical fragrances.Noisy packaging. | \*\*\*\*Need to purchase on a monthly basis. | BinRecycling bin (for paper packaging only) | 10p per pad |
| Reusable washable pad | \*\*\*\* | 3-4 hours | \*\*\*\*Wide range of styles, sizes and materials.May shift slightly in underwear. | \*\* Poppers may be difficult to secure. | \*\*\*\*Opt for organic, breathable material. Popper uncomfortable if anything is pressing into vulva (e.g. bike seat). | \*\*\*\*\*No packaging.No added fragrances.Soft materials.Dark colour available if don't want to see blood.Chose a pad with stiches on the outside of the pad. | \*\*Must own multiple pads and carry spares. Products hand or machine washed after use. | Washing machine/ hand-washing facilities. Can wash with other laundry.Hang-dry facilities. | £4.50 per pad (18p per use over product lifetime)3 - 6 pads needed to allow for washing and drying. |
| Period pants (reusable)Size 4 - 22Tween sizes available (9-13yrs) | \*\*\*2-10 tampons worthSnug fit recommended to avoid leaks. | 4-12 hours | \*\*\*\*\*Wide range of styles, sizes and materials.Be aware of styles with thick seams if sitting/ static for long periods. | \*\*\*\*Same as putting on underwear but may need changing more often. | \*\*\*\*Opt for organic, breathable material.Be aware of styles with thick seams if sitting/ static for long periods. | \*\*\*\*\* No packaging.No fragrance.Soft material.Dark colour if don't want to see blood. | \*\* Must own multiple pairs of pants and carry spares when out (or use in combo with another product).Products hand or machine washed after use. | Washing machine/ hand-washing facilities. Can wash with other laundry.Hang-dry facilities. | £10 - £30 per pair (>40p) per use over product lifetime).3-6 pairs needed to allow for washing and drying. |

* Many people wear a combination of products to provide extra absorbency, protection from leaks and comfort.
* The majority of people with periods dispose of products in the bin because those that are flushed down the loo cause environmental issues down the line. To prevent plastic pollution, only flush the 3P’s – paper, poo and pee!
* This resource is for guidance only, please check individual products and brands for costs, materials and usage instructions, and consult with your GP if finding internal products difficult to use.