

# Period Products Guide for Additional Needs



PLASTIC FREE  
PERIODS

Worn internally: tampons & cups	Suitable for heavy flow?	Recommended length of wear	Comfort	Suitability for low dexterity	Suitability for sensitive skin	Suitability for heightened sensitivities	Minimal preparation and maintenance	Facilities/ accessories required	Affordability
<b>Organic tampons</b>		2-8 hours  Often 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	Bin  Recycling bin (for paper packaging only)	19p per tampon
<b>Non-organic tampons</b>		2-8 hours  Often 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	Bin  Recycling bin (for paper packaging only)	11p per tampon
<b>Applicator tampons</b>		2-8 hours  Often worn in combination with a liner, pad or period pants	★★ - ★★★★★  Depends whether organic or not	☆☆☆☆☆	★ - ★★  Depends whether organic or not	★★☆☆☆  Avoids direct contact with blood and/or vulva	★★★★★  Need to purchase on a monthly basis	Bin  Recycling bin (for paper packaging only)	13p - 19p per tampon
<b>Reusable applicator</b>		Used for insertion only	Used for insertion only	☆☆☆☆☆	N/A	★★☆☆☆  Avoids direct contact with blood and/or vulva on insertion, but still contact on removal.	★☆☆☆☆  Must buy disposable tampons on a monthly basis, and carry applicator.	Bin  Recycling bin (for paper packaging only)  Sink/wipe/tissue.	£19.99 (without tampons)
<b>Menstrual cups</b>  Generally 2 sizes (brand dependent)		4-12 hours  Often 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/wipe.  Sterilising fluid or saucepan and hob for monthly sterilising.	£9.00 - £20.00  (7p - 17p per period over product lifetime)





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.



# Period Products Guide for Additional Needs



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Worn externally: pads & pants	Suitable for heavy flow?	Recommended length of wear	Comfort	Suitablability for low dexterity	Suitablability for sensitive skin	Suitablability for heightened sensitivities	Minimal preparation and maintenance	Facilities/ accessories required	Affordability
 <b>Organic disposable pad</b>	●●●●●	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	Bin Recycling bin (for paper packaging only)	25p per pad
 <b>Non-organic disposable pad</b>	●●●●●	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	Bin Recycling bin (for paper packaging only)	10p per pad
 <b>Reusable washable pad</b>	●●●●●	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 stitches 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.
 <b>Period pants</b>  Size 4 - 22 Tween sizes available (9-13yrs)	●●●●● 2-10 tampons worth. Snug 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.

For more information see our general [Products Guide](#), our [Online Retailer Guide](#), our [Product Ingredients Guide](#) and [Discount codes](#) which can all be found at [CityToSea.org.uk/PlasticFreePeriods](https://CityToSea.org.uk/PlasticFreePeriods)

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!

