

An Easy Read Guide

Menstruation or Period

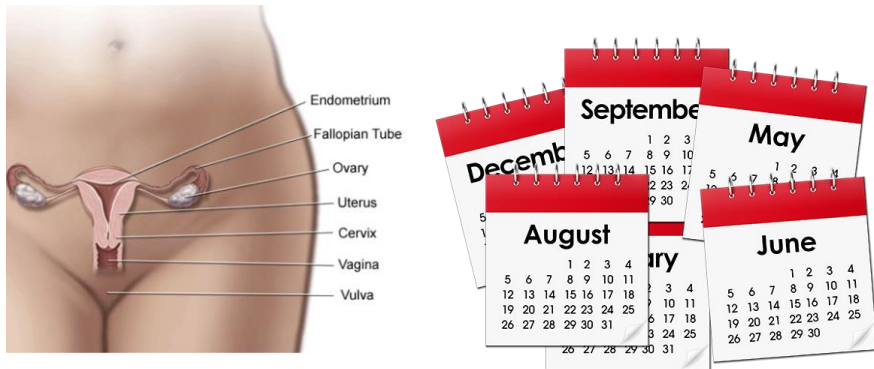


What is Menstruation?

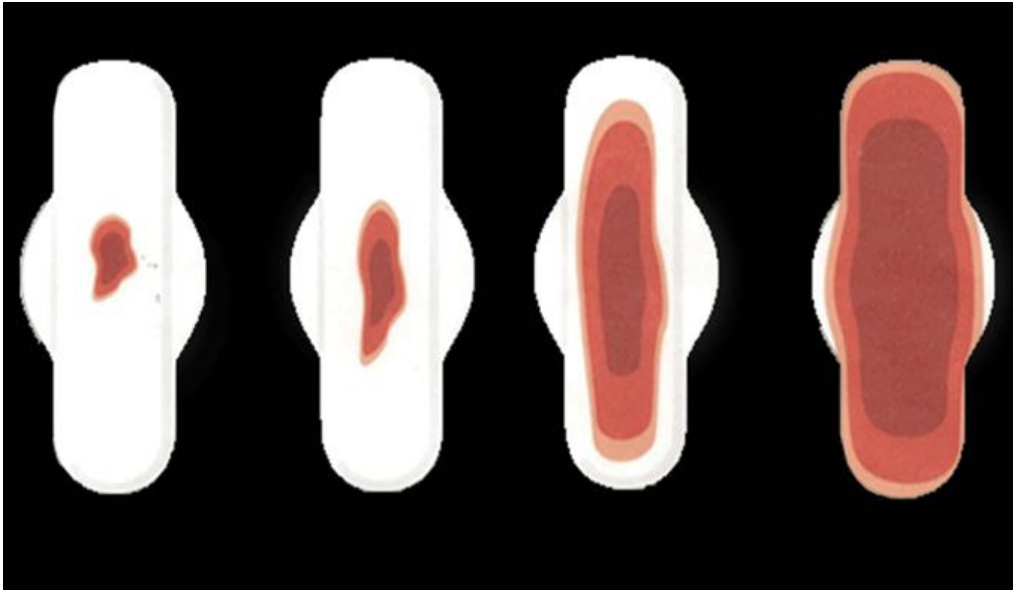


Menstruation, also known as a period, is

- Normal vaginal bleeding
- Occurs as part of a woman's monthly cycle



What does menstruation feel like?



- You can not feel the flow coming out.
- You can feel dampness\wet in your pants
- The flow can be a lot (heavy) or a little (light)

How to find the suitable pad for yourself?



Ask support staff, a family member or a close friend to help you choose the best pad for you.

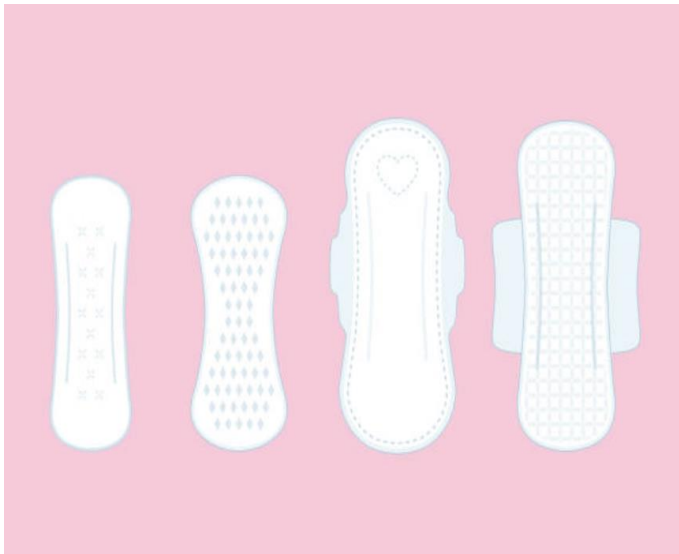


Buy it from the pharmacy or a shop

What product would you prefer?

You can use a sanitary **pad**, a **cup** or a **tampon**, we are going to talk about **pads** here

Sanitary Pads



Cup



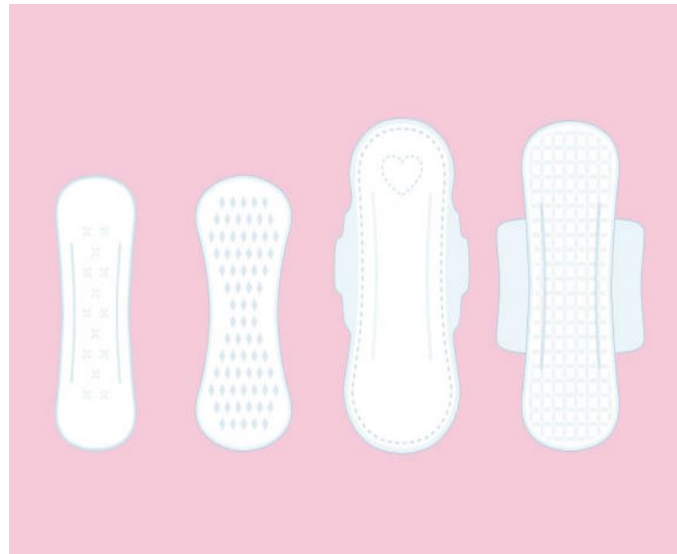
Tampon



Talk to your support staff or family member about using a cup or tampon

We are going to talk about

Sanitary Pads



There are some things you Must do when you have a period



- **You must have a clean underwear**



- **You need to wear a pad**

How to put on a pad

With clean hands, remove the pad from the wrapper

Remove the long piece of paper in the back

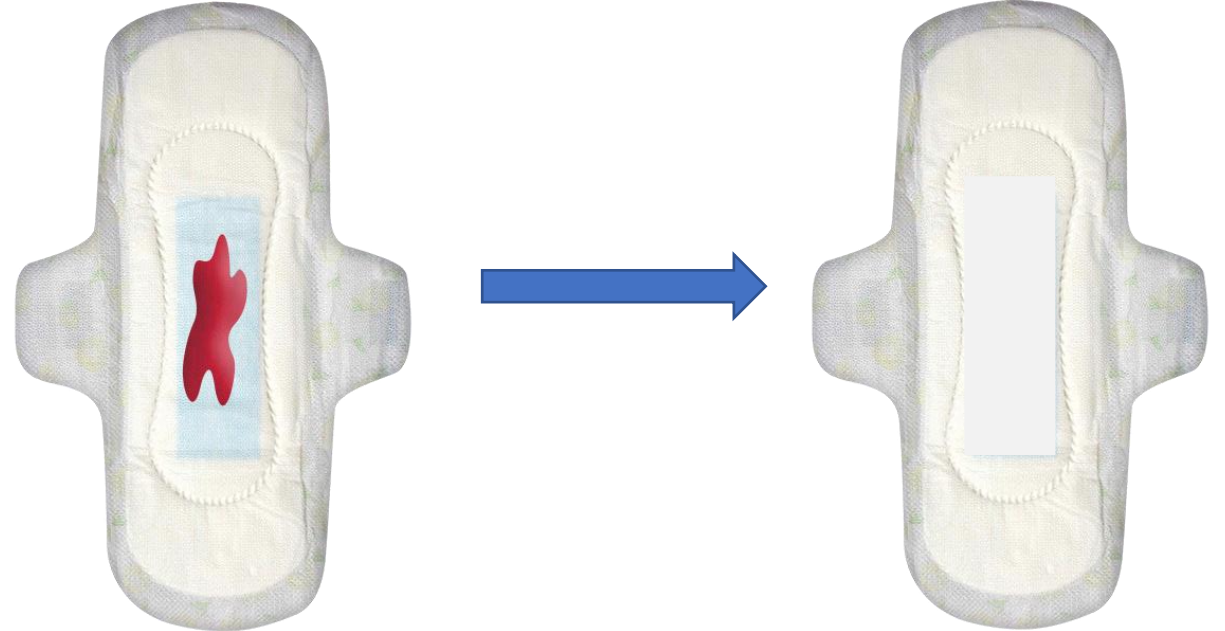
Place the pad on your underwear

Throw the paper in the bin



When do you need to change your pad?

- **Change every 2-3 hours.**



The best underwear



- **Comfortable and high waist underwear (full brief).**
- **These can also hold the pad better.**

You might feel



HAPPY

or



SAD

You might have



Back pain



Tummy pain

What might help



✓ Heat



✓ Rest



✓ Exercise



✓ Medicine (painkillers)

If you need to use pain killers



Tell your support staff or family member that you have a pain.

You can discuss with them if you have tried

Heat

Rest

Exercise

If you need medicine (painkillers) they will help you organize it.



How to use the hot water bottle



- You may need help with using the kettle
- Fill a hot water bottle carefully
- Put the hot water bottle on the area where you have pain.
- **Do not put on** your skin directly

REFERENCES

- <https://www.everydayhealth.com/sexual-health/female-reproductive-organs.aspx>
- <https://health.clevelandclinic.org/why-is-my-period-late/>
- <https://www.dreamstime.com/feminine-hygiene-pads-blood-period-days-red-feminine-hygiene-pads-blood-period-days-red-background-image141515781>
- <https://xiepeng.en.made-in-china.com/product/eyDxBbEHnOWa/China-Multi-Size-Antibacterial-Easy-Care-Sanitary-Napkin-Pad-for-Women-and-Girl.html>
- <https://www.prevention.com/health/a35983862/why-menstrual-cup-didnt-work-for-me/>
- <https://www.dw.com/en/higher-tampon-prices-on-horizon-despite-german-tax-break/a-52049226>
- <https://taylorspharmacy.com.au/product/hot-water-bottle-2l/>