

Period Product Information Sheet

PERIOD UNDERWEAR

What is it?

Period underwear is a period management product, such as pads or tampons. They are reusable knickers that absorb your period and hold 15ml (2-3pads) worth of flow. They also have a moisture barrier to keep you comfortable, and a layer designed to prevent any leaks or staining. This can be seen in the picture here.

You should be able to use 1 pair of undies while you are at school and change them when you get home. You use each pair for one day or night, and then wash them.

Will I feel wet?

Not at all. Modibodi, which is the brand of period underwear you have received, has been scientifically tested against all other period products on the market. This means that the absorbency of the underwear will keep you protected from leaks. When you wear Modibodi's period underwear while on your period, you will feel dry.

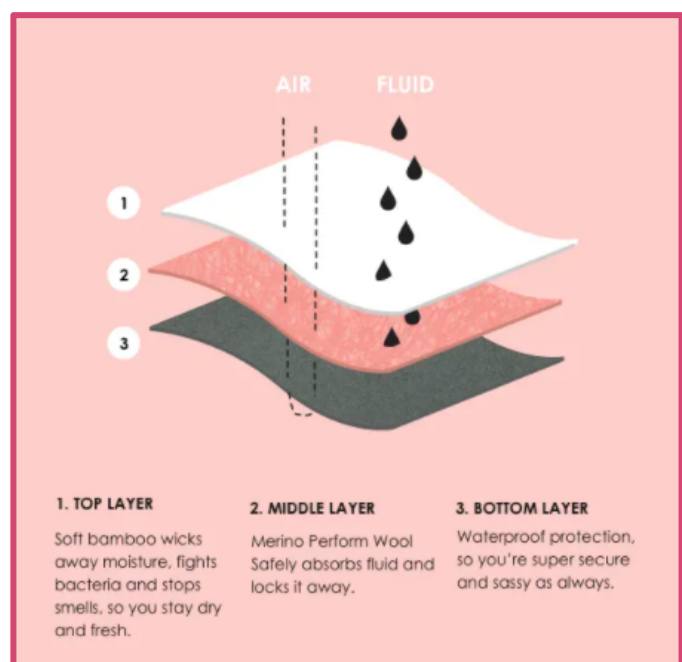


Photo Credit: <https://www.modibodi.com/pages/mb-how-it-works>

Can I wear Modibodi period and leak-proof underwear without additional protection?

Modibodi underwear can be a total replacement for pads and tampons. Period underwear can protect you while experiencing vaginal discharge, or bleeding, bladder leakages and light incontinence. You can also wear your period underwear when you think you might be getting your period, but you are not sure, so that you can go about your day with no worry about period leaks.

Can I use period underwear with pads as a back-up during my periods?

Yes! Especially if you are one of the 1 in 2 women who experience overflow during your menstrual cycle (which is totally normal). The Modibodi technology is leak-proof moisture-wicking, absorbent, stain, and odour resistant, and is an amazing back up to ensure you never have to fear a period leak, meaning that you can also use it along with a pad.

How do I use and care for my period underwear?

Period underwear can be washed both by hand and in a washing machine. Do not use stain remover or fabric softener and do not soak the garment, as it might break down the hi-tech function of the period underwear.

1. Start by rinsing your used period underwear in cold water until the water runs clear. This can be done in a bucket or under running water and be sure to use minimal detergent while doing this.
2. Then wash your Modibodi as you would normally wash your clothes.
3. Hang your period underwear out to dry with your other washing. Ensure your period underwear can **dry completely** before putting it away.
4. Store your period underwear in a dry calico bag for extra protection. As this product is made from natural fibres, sometimes nasty bugs like silverfish like to eat the clean period underwear.

IT IS IMPORTANT TO REMEMBER, DO NOT SOAK YOUR PERIOD UNDERWEAR!

How long will period underwear last?

Period underwear can last for 2 years and even longer, however this is dependent on the wash and care of the garments. Closely follow the above care instructions to ensure your period underwear lasts a long time.

REUSABLE PADS

What is it?

Reusable pads, also known as cloth pads, is a pad option to help you manage your period. Reusable pads can also help with vaginal discharge, bleeding after giving birth, bladder leakages and light incontinence. As the name suggests, you can use and reuse after washing and drying the pad like you would your clothing.

How do I use my reusable pad, and how often do I change it?

Place your reusable pad over the inside of your underwear, **pattern facing down, like you use a disposable pad**. Fold the wings over the middle of your underwear and fasten using the snaps. **make sure you change your pad as frequently as you need to**. Everyone's menstrual cycle and period flow differs in amount and length of flow. If it begins to feel damp against you, it is time to change your reusable pad. Otherwise, it is recommended that you change your reusable pad every 3-4 hours. Fold the pad up and pop it in your pouch to take it home, ready for washing.

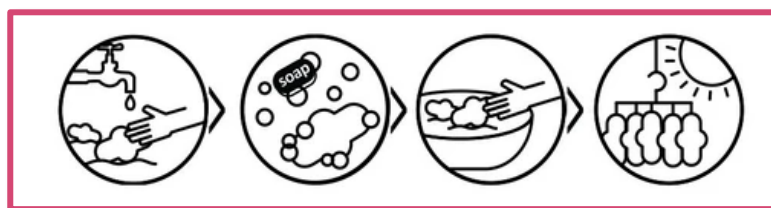


Photo Credit: <https://hannahpadusa.com>

Do used pads smell sitting in my pouch in my bag?

Once used, ensure you fold up your reusable pad and keep it in your pouch that your reusable pads came in. The pouch has two sides. One side you can keep your used reusable pads, and the other side you can keep your clean ones. This will ensure there is minimal to no smell from the used reusable pad. Overall, used reusable pads have minimal to no smell, because they are made with organic cotton and do not contain any nasty chemicals. Often it is the chemicals in period products that cause disposable pads to smell when they come into contact with your period flow.

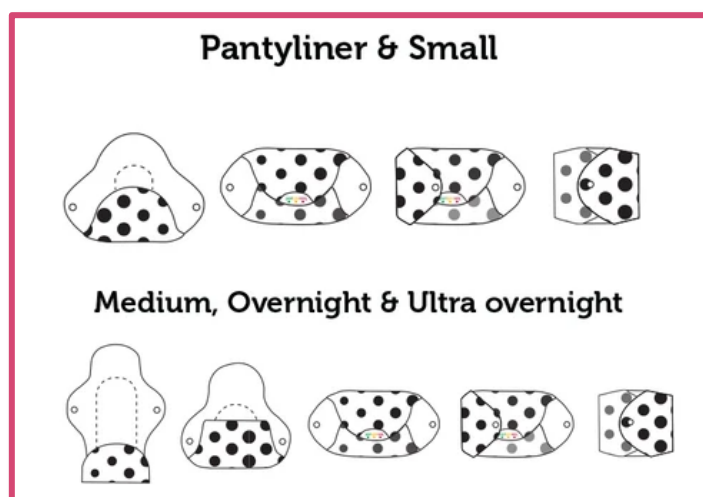
How do I wash and care for my reusable pads?



1. **Rinse** under cold water to remove any discharge.
2. **Lather using soap** or any laundry detergent.
3. **Soak in cold water** for a minimum of 6 hours to overnight. Soak for up to 48 hours if required, but if you do, be sure to change the water daily.
4. **Hand wash or machine wash.** Focus lathering and washing on beige cotton side when hand washing.
5. **Do not rub or scrub the patterned extra grip layer** on your pantyliner, medium pad or your large/overnight pad.
6. **Dry inside or outside**, under the sun where possible.
7. Ensure your reusable pads **dry properly** before storing away or using.

DO NOT BLEACH, TUMBLE/MACHINE DRY NOT RECOMMENDED, DO NOT USE FABRIC SOFTENER!

How do I fold my reusable pad back up?



How long will the reusable pads last?

HannahPad's reusable pads last for 2-3 years, depending on personal care and use. Some people manage to make their reusable pads last longer when following the proper care guidelines.

Find an info/care card in your reusable pad pouch.