



Where can I find more information?

There is lots of information available online and on specific brand product websites including the following:

www.hannahpad.com.au

www.modibodi.com

www.pelvi.com

www.loveluna.com

Printed on FSC
certified paper.



DON'T WASTE
GOOD WASTE

Sort it out
before you
throw it out



REUSABLE
**SANITARY
PRODUCTS**



Save money, save the planet!

Where can I buy them?

A quick online search will provide you with many examples and brands of the products along with reviews from women that have already tested them out.

How do I wash period underwear or cloth pads?

Each brand will have their own care instructions, so we suggest that you follow these, however current best practice for most brands includes the following:

- Rinse after use in cold water
- Washing with your regular wash on the cold cycle, nothing over 30 degrees
- Air dry, no tumble drying
- Try to avoid harsh stain remover products, this can degrade the product technology that allows for high absorbency



Did you know we send an estimated 6.3 million sanitary items to Greater Bendigo's landfill each year?

Reusable sanitary products are better for the environment and are cheaper in the long term. There are lots of reusable sanitary items available such as period cups, leak proof underwear for periods and incontinence and cloth pads. If you are keen to reduce your impact on the environment and save money, reusable sanitary items might be for you.

Will this work for me?

Different brands and the products they offer have many levels of absorbency to cater for a variety of needs, this includes incontinence, period and maternity underwear and period cups. Depending on your current preference for managing your period or incontinence, there is a reusable product for you.

Products have been made to replicate disposable items without the impact. While it can be challenging transitioning to something new like this, we encourage everyone to give it a go. Many women have been pleasantly surprised by the comfort of these products, the practicality, the cost saving and the environmental benefits.

How many sanitary items will I need?

This will depend on the product you choose and your own personal needs. Every woman is different, you will know your cycle and incontinence needs better than anyone.

Depending on your cycle, you will probably need between 6-12 cloth pads (plus night time pads and panty liners). Period and leak-proof underwear can often be worn all day (or night) so you will probably need fewer.

A period cup can stay in for up to 12 hours and can be washed and used again instantly so you will only need to buy one, maybe two of these items.

Will I save money by switching to reusable?

Yes. With disposable sanitary products the cost per woman over her lifetime is approximately \$5,000 (\$10 per period with between 450- 500 periods over a lifetime). *With reusable sanitary products* - leak-proof underwear \$12 to \$30 each x 10 pairs = \$120 to \$300.

How much does reusable cost upfront?

Depending on the brand or product chosen, the cost can vary.

- **Sanitary pads** between \$12 to \$20 each
- **Menstrual cups** between \$20 to \$60 for 1 cup
- **Leak-proof underwear** between \$12 to \$35 each

How do I use them?

These products are designed to replace disposable, whether you decide to try a cup, cloth pads or underwear, the brand that you select will have specific advice on how to use and clean the product.

How do I store used sanitary products when out and about?

In wet bags!

Wet bags are water and odour resistant storage bags made with water-resistant PUL that come in many sizes and designs. Look for double pocket bags that allow you to store dry and wet items separately.

Remember, you take tampons with you to change throughout the day, there is no harm taking cloth pads or underwear to change during the day as well.

Did you know?

Leak-proof underwear isn't just for periods, it's for light bladder leakage as well.

