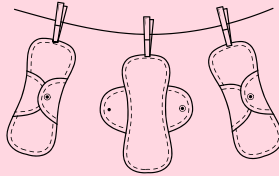


# Ceredigion's Period Dignity Scheme

## REUSABLE PERIOD PADS



### Instruction Guide



Reusable period pads are an eco-friendly and sustainable alternative to single-use disposable pads.

Those available through the scheme are made from layers of absorbent bamboo fabric and include a waterproof backing to prevent leaks.

Unlike disposable pads, these can be washed and reused multiple times.

They're designed to be absorbent, comfortable and breathable.

They can hold the equivalent of 4 tampons.



Reusable



Super  
Protection



Non-Toxic



Zero  
Waste

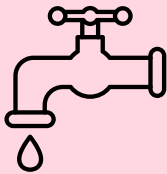


Bamboo

# Ceredigion's Period Dignity Scheme

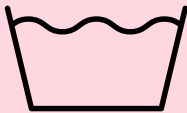
## REUSABLE PERIOD PADS Washing Instructions

### RINSE



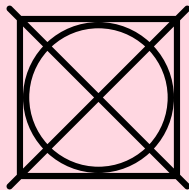
After use, rinse your period pads under cold water. Avoid using hot water as it can set stains.

### WASH



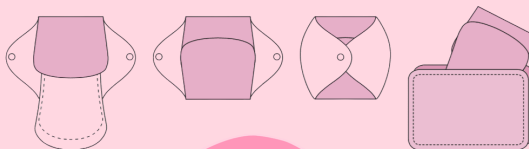
Use a gentle cycle with cold water (<30°C). Avoid using fabric softeners or bleach.

### DRY



Air dry the pads and avoid using a dryer. Choose a well-ventilated area and let them dry completely.

## Folding Instructions



# Ceredigion's Period Dignity Scheme



## PERIOD PANTS Instruction Guide



Period pants are a sustainable and convenient alternative to traditional period products like pads or tampons.

They are specially designed underwear with built-in absorbent layers and leak-proof technology to manage menstrual flow, without the need for additional products.

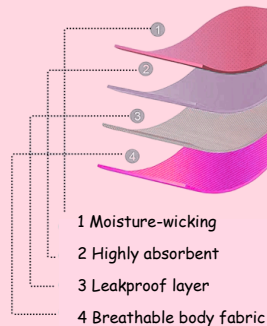
After use, you wash and reuse them, making them an eco-friendly option.

They're perfect for those looking for a comfortable and low-maintenance solution for their period.

They can absorb 28ml and the equivalent of 4 tampons.

Those available through the scheme come in two sizes (6-14 and 16-30).

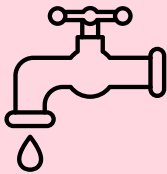
Made using NuStretch® fabric, making them lightweight, ultra-soft and full of stretch, adapting to fit your body.



# Ceredigion's Period Dignity Scheme

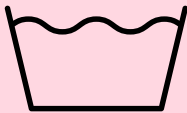
## PERIOD PANTS Washing Instructions

### RINSE



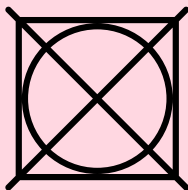
After use, rinse under cold water. This helps preserve the fabric. To prolong the life of your period pants, wash within 24 hours.

### WASH



Machine wash at 30-40°C with mild detergent. Avoid using fabric softeners as they can damage the absorbent layers. There's no need to wash them separately to the rest of your washing.

### DRY



Air dry your period pants instead of using a dryer. Avoid putting them on direct heat sources like a radiator.



Reusable



Leak  
Proof



Non-Toxic



Zero  
Waste



Vegan



# Ceredigion's Period Dignity Scheme



## **MENSTRUAL CUPS** Instruction Guide



Menstrual cups are a sustainable and cost-effective alternative to single-use tampons or pads.

They are flexible devices usually made from silicone. With a smooth coating for enhanced-comfort, a cup can be worn for up to 12 hours including overnight.

Menstrual cups, when properly cared for, can last for up to 10 years.

They come in various sizes to accommodate different flows and body types. Those available through the scheme come in two sizes. Size A is great for a beginner cup user, whilst Size B is suitable for those with a heavy flow or experienced cup user.

The cup is folded and inserted into the vaginal canal, and once opened up, it will create a seal. It is important to read the instruction on the packaging for top tips.

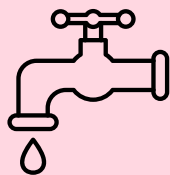
They have capacity equivalent to 3 or 4 tampons.

# Ceredigion's Period Dignity Scheme

## MENSTRUAL CUPS

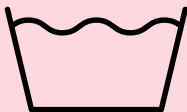
### Washing Instructions

#### RINSE



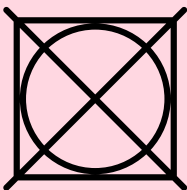
After use, empty and rinse under cold water. It can be re-inserted after every rinse, until you have finished your cycle.

#### WASH



When you have finished your period, boil the cup in hot water for 5-10 minutes to disinfect it. You can also use a sterilising solution that's safe to use with menstrual cups. Always read the instructions beforehand.

#### DRY



Set it aside to completely cool down and dry off, before storing it for your next cycle.



Reusable



Super  
Protection



Non-Toxic



Zero  
Waste

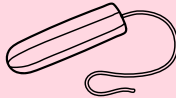


BPA-free  
Silicone

# Ceredigion's Period Dignity Scheme



## **TAMPONS** Instruction Guide



Tampons are a disposable period product made of absorbent material, designed to be inserted into the vaginal canal to absorb menstrual flow.

They are often a popular choice for their convenience and discreet nature. They're compact, making them a great option for active individuals, especially for sports such as swimming.

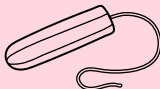
Tampons come in various absorbency levels for light to heavy flow. They may have an applicator to help with insertion. They have a string attached, which stays outside the body and helps with removal.

Those available through the scheme come in two absorbency levels, regular and super. They are made from organic cotton with a biodegradable cardboard applicator and recyclable paper wrapper.

Generally, tampons should be changed every 4-8 hours to prevent leaks and reduce the risk of toxic shock syndrome (TSS), a rare but serious condition.

# Ceredigion's Period Dignity Scheme

## TAMPONS



### How to use

First of all, find the style of tampon that works best for you. It's important to take your time, relax and follow the instructions in the product information pack.

Once a tampon is inserted, it should never be uncomfortable and the string should always remain outside of the body.

Always read the manufacturer's instructions.

### Disposal

After use, wrap the tampon in the packaging or in tissue paper. Dispose of it in a general waste or designated sanitary bin.

Never flush period products down the toilet, as they can clog pipes and harm the environment.

While the tampons available through the scheme are made from biodegradable materials, the breakdown process can be affected by factors such as the temperature. Unless you have an established compost, single-use period products should be disposed of safely in general waste.



Organic



Super  
Protection



Non-Toxic



Hypoallergenic



Paper  
Wrap

# Ceredigion's Period Dignity Scheme



## **DISPOSABLE PADS** Instruction Guide



Disposable pads are single-use period products designed to absorb menstrual flow.

They are made of absorbent materials, and have a soft top layer for comfort, along with an adhesive strip to keep them securely attached to underwear.

They come in different shapes, sizes, and absorbency levels to suit light, moderate, or heavy flow.

They are often a popular choice for their convenience and can be disposed of after use with no washing or drying required.

Disposable pads available through the scheme are made of plant-based materials and can biodegrade in just 90 days, making them an eco-friendly option.



# Ceredigion's Period Dignity Scheme

## DISPOSABLE PADS



### How to use

Open the wrapper and remove the pad.

Position the pad and peel off the backing paper to expose the adhesive. Stick the pad onto the inside of your underwear, with the absorbent side facing up.

If the pad has wings, fold them around the sides of your underwear for added security, and adjust as needed for comfort. It should be centred to prevent leaks.

Replace when needed. Disposable pads should be changed every 4-8 hours, depending on your flow, to stay fresh and prevent discomfort.

Always read the manufacturer's instructions.

### Disposal

After use, remove the pad from your underwear, wrap it in toilet paper, or use the wrapper it came in, then dispose of it in a general waste or designated sanitary bin. Never flush period products down the toilet, as they can clog pipes and harm the environment.



Organic



Leak  
Proof



Non-Toxic



Vegan



Paper  
Wrap

# Ceredigion's Period Dignity Scheme



## **DISPOSABLE LINERS** Instruction Guide



Liners are thin, lightweight, and disposable pads designed to absorb small amounts of menstrual flow.

They're suitable for everyday use or as backup protection when using tampons, menstrual cups, or during the lighter days of a period.

Single-use liners are much smaller and thinner than regular pads for discreet comfort.

Liners should be changed frequently, usually every few hours depending on use.

Disposable liners available through the scheme are made of Oeko-Tex certified organic bamboo, a self-generating plant that requires no irrigation, pesticides or fertilisers. These liners degrade within 12 months, compared to the decades or even centuries it takes for petroleum plastic-based products to break down.

# Ceredigion's Period Dignity Scheme

## DISPOSABLE LINERS



### How to use

Remove the liner from its packaging, exposing the adhesive backing.

Place the adhesive side of the liner onto the inside of your underwear. Centre it where you need the most coverage.

Ensure the liner is positioned comfortably and securely in your underwear.

Change the liner every few hours to maintain freshness and hygiene, depending on your use.

Always read the manufacturer's instructions.

### Disposal

After use, peel the liner from your underwear and wrap the used liner in toilet paper or use the wrapper it came in. Dispose of the wrapped liner in a general waste or designated sanitary bin. Never flush period products down the toilet, as they can clog pipes and harm the environment.



Organic



Super  
Protection



Non-Toxic



Hypoallergenic



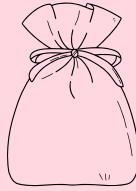
Biodegradable



# Ceredigion's Period Dignity Scheme



## **WET BAGS** Instruction Guide



Wet bags are reusable, waterproof bags designed to store damp or used period products securely.

They are a versatile and eco-friendly alternative to single-use plastic bags.

Wet bags are typically made from waterproof fabrics like polyurethane laminate (PUL), which keeps moisture contained.

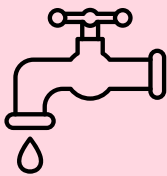
They can be washed and reused and stored discretely in your school or toiletry bag.

The wet bags available through the scheme come with two lined and zipped compartments. They come in a variety of colours and patterns.

# Ceredigion's Period Dignity Scheme

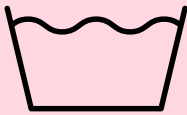
## WET BAGS Washing Instructions

RINSE



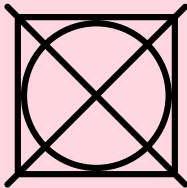
Empty the bag by removing any items or debris from it.  
Rinse (if needed) with cold water.

WASH



Place the wet bag in the washing machine with similar colours. Use a gentle cycle (30-40°C) and mild detergent. Avoid using bleach or fabric softeners, as they can damage the waterproof lining.

DRY



Hang the wet bag to dry completely. Avoid using a tumble dryer, as high heat can compromise the waterproof material.



Vegan



Reusable



Non-Toxic



Paraben  
Free



Oeko-tex  
Certified