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Questions about menstruation

'Your Period'

What do I do when I get my period?
You need to use something to catch the blood to protect your clothes from being stained. You can use a cloth, a sanitary pad/towel, or a tampon. You can also use a menstrual cup.

What are sanitary pads/towels?
These are special pads made out of a special cotton wool. They can be bought at pharmacies or larger shops. They are placed inside your panties between your legs. Some have a sticky side to hold the pad in place. Some even have sticky 'wings' that help prevent leaks. The pad will soak up the blood as it comes out so you cannot use them while swimming. Remember to change your sanitary pad when it is full. Depending on how much you bleed, this may be every few hours.

Will people be able to see the pads?
No. The pad feels much bigger than it looks. Check in the mirror or ask a friend or family member to look and tell you.

Can I use a cloth instead of a pad?
You can use any clean pieces of material that will soak up the blood. Fold the material well into a pad-like shape and place it inside your panties between the legs. Change and wash the cloth with soap and cold water and iron to kill any germs.

What are tampons?
These are tubes of special cotton wool that you put inside your vagina to catch the blood before it comes out. A little string hangs from the tampon and out of your vagina, so that you can pull the tampon out when you're done with it. You buy these at pharmacies or larger shops. Tampons come in different sizes, scents, and levels of "absorbency" (how much blood they hold). They may feel strange to use but it is very easy once you get used to it. They should be used one at a time, and changed every few hours. Tampons can be used while swimming.

Does the menstrual blood smell?
Menstrual blood can smell different when it comes into contact with air. Change your pad or cloth to freshen up.

What if I don't get my period?
There are many reasons why some people don't get their periods. It could be for a medical reason or you could be pregnant if you had unprotected sex. Visit a clinic and speak to your nurse or doctor as soon as possible.

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