



# Practice Healthy Habits During your Period



## Good menstrual hygiene-

- Prevents infection.
- Reduces odours.
- Helps you stay comfortable.

## Many types of menstrual products-

- Sanitary pads
- Tampons
- Menstrual cups
- Menstrual discs
- Period underwear.



**Discarding used disposable menstrual product:** wrap in toilet paper/tissue- throw in a dustbin.

**How frequently to change:**

- ⇒ **Sanitary pads-** every few hours
- ⇒ **Tampons:** every 4 to 8 hours (no more than 8 hours). Use low-absorbency tampon
- ⇒ **Menstrual cups:** Clean cups daily after use. Sanitize by placing in boiling water for 1-2 min after your cycle.
- ⇒ **Period underwear:** Machine washable. Follow product directions.
- ⇒ **Use unscented products.**

**Wash your hands-** before and after using a menstrual product



**Drink enough liquids**

- **Wear lightweight, breathable clothing**( Tight fabrics-allows germs to thrive).
- **Keep your genital area clean.** Wash every day.
  - The vagina is a self- cleaning organ.
  - Wash with soap and water to rinse your vulva(don't use harsh chemicals).
  - Wipe from the front of your body toward the back.



**Track and monitor your period-**  
 Irregular periods- ?  
 Diabetes  
 ?Thyroid dysfunction  
 ?PCOD

**Annual well-woman exam-**

- Pap smear
- Pelvic examination
- Breast examination



**CONTRIBUTORS-** Dr Dhanshree Bhide, Dr Rashmi Mahajan, Dr Smita Prabhu, Dr Dipti Desai, Dr Krati Mehrotra, Dr Nisha Chaturvedi, Dr Sujata Sengupta, Dr Sahana Srihari, Dr Mansi Kansal, Dr Mamatha.