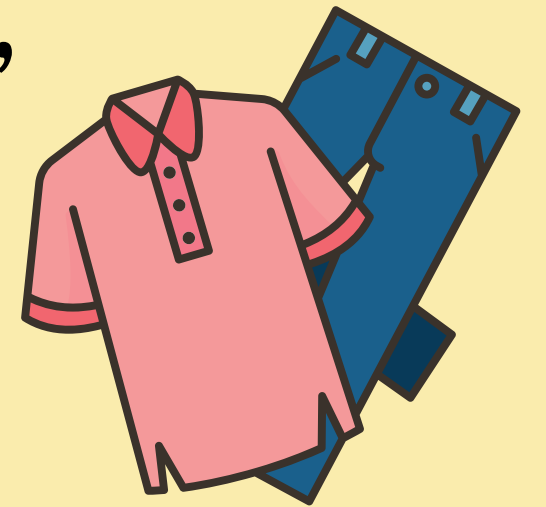


Hygiene

FlowFit

# General hygiene

- Make sure to wash your body regularly
- If you want to wash the genital area, do so with warm water, unscented soap, and on the external area
- After using the toilet, wipe front to back
- Change your clothes (especially underwear) after working out/sweating
  - For swimmers, don't wear a wet swimsuit all day



# Types of feminine hygiene products

## Pads



## Menstrual discs/cups



## Tampons

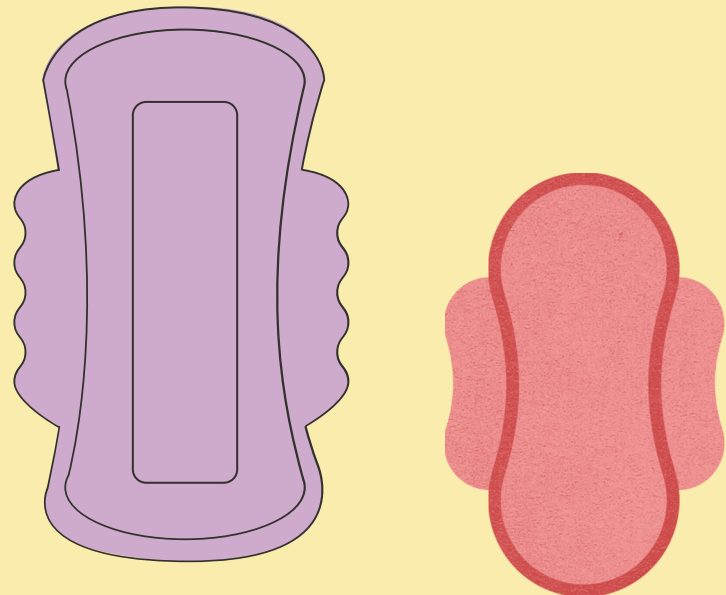


## Period underwear



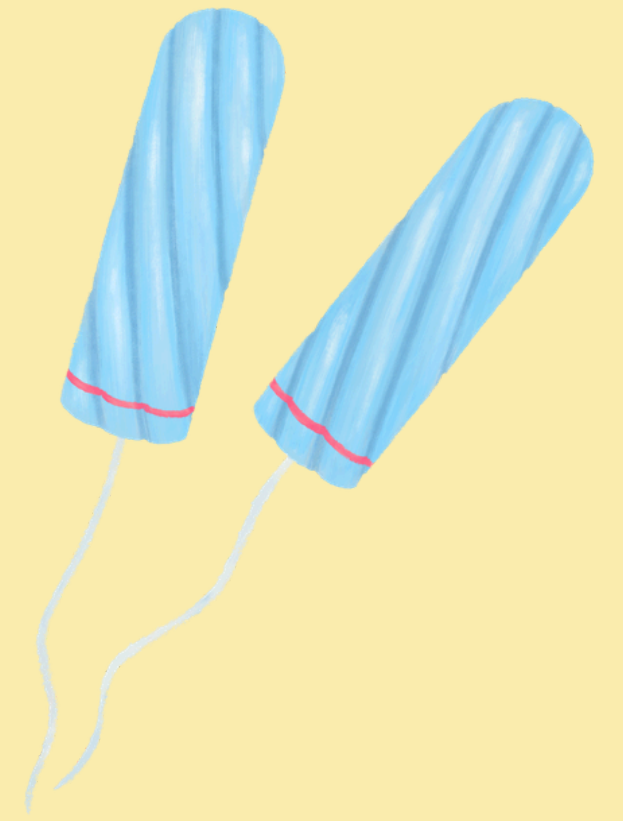
# Pads

- Most doctors recommend changing your pad at least every 4–8 hours to avoid bacteria growth
  - However, you should definitely change it before it gets full
- They are multiple types of pads designed for heavier flows and comfort levels throughout the day
- Pads stick on to the inside of your underwear and absorb blood



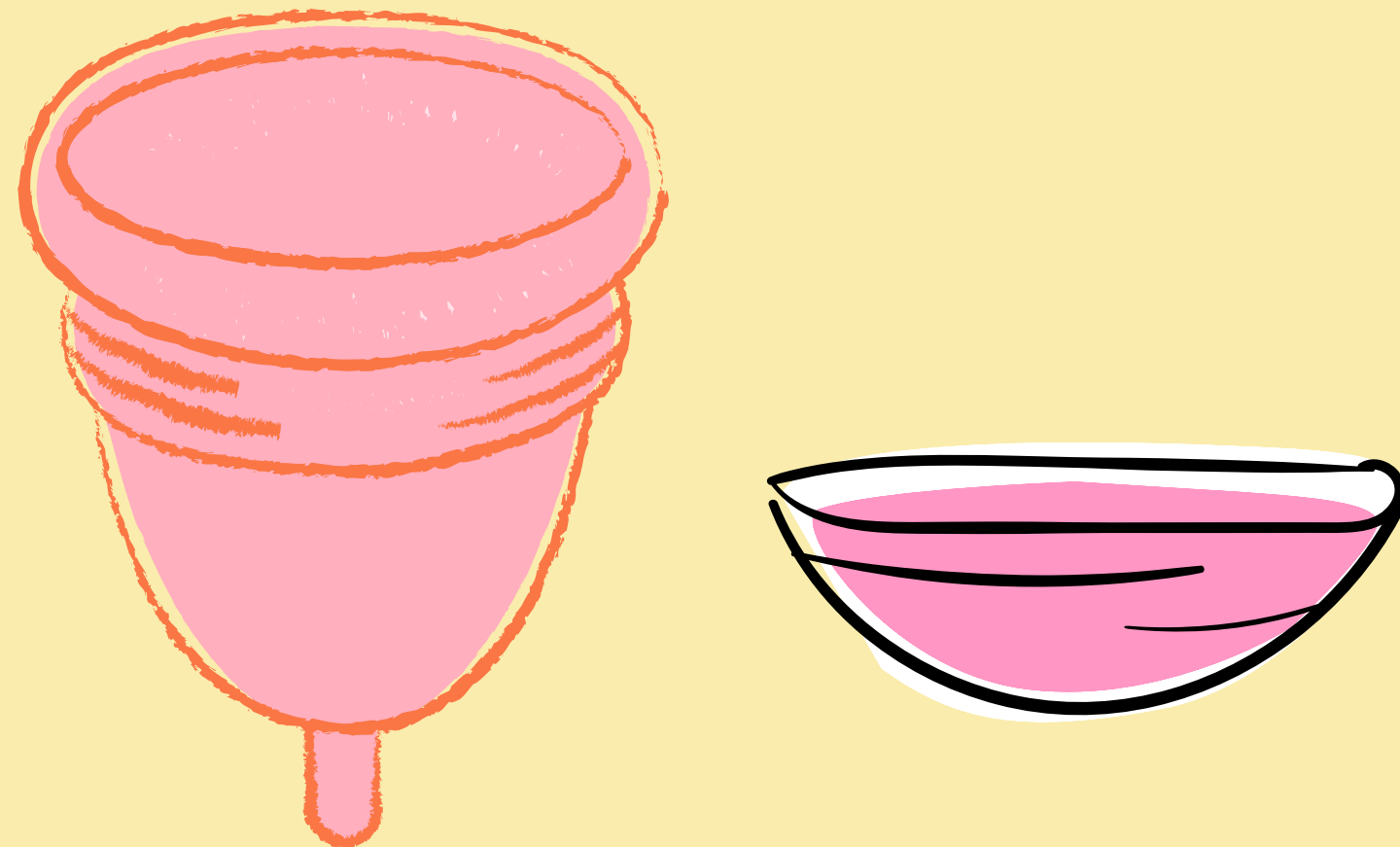
# Tampons

- Tampons absorb blood from inside the vagina
- Make sure to change your tampon every 4-6 hours
- You cannot sleep with a tampon in
- Some tampons come with applicators which can make it easier to insert them
- Remove them by lightly pulling on a string
- If possible, avoid super absorbency tampons, as these typically increase the risk of TSS\*



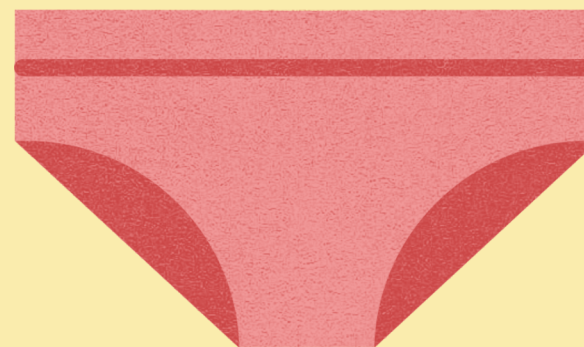
# Menstrual cups/discs

- Made of flexible materials, menstrual cups or discs catch blood rather than absorbing it
- It can be inserted similar to a tampon
- Again, make sure to empty it several times a day (ideally before it leaks)

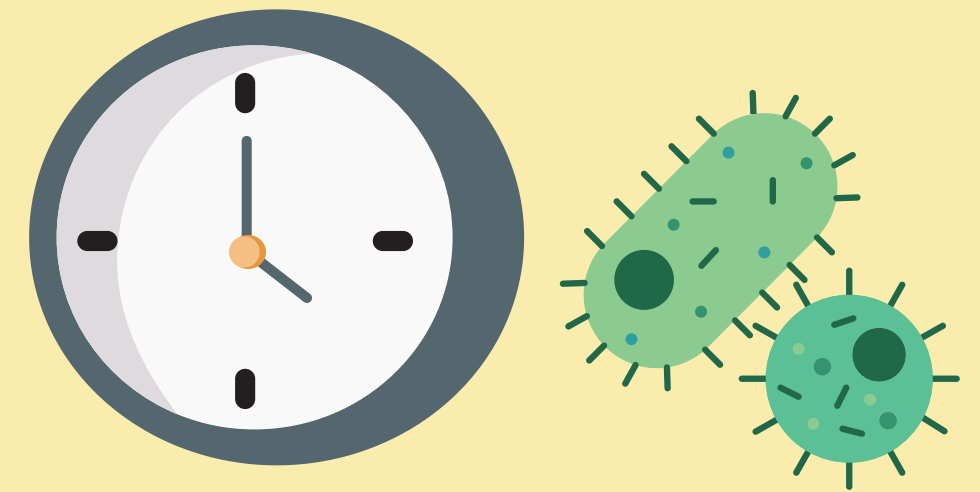


# Period underwear

- Most period underwear typically hold between 1-2 tampons worth of flow
- They typically have a moisture barrier that keeps you dry and limits any chance of leaking while absorbing the blood flow
- Make sure to wash them properly and separately from other items (they can be either hand washed or put in the washing machine)
- Apply them just like normal underwear
- Most brands/individuals recommend wearing them for a maximum of 12 hours



# Toxic Shock Syndrome



- Toxic Shock Syndrome (TSS) is very rare but dangerous disease that sometimes can be caused by prolonged tampon usage
  - Tampon usage isn't the only cause; only about half the cases are related to menstruation
- TSS only affects 1 in 100,000 people
- It is caused by a bacterial infection, so as long as you remember to change your respective feminine hygiene product regularly, the risk of infection is less common

# When to use each products



- During menstruation, test out different products and see what works best for you
- For water-based athletes or gymnasts, internal products (like tampons or menstrual discs/cups) would work best since they are more secure
  - There is also period swimwear if you really aren't comfortable with the other options
- For some women, high intensity training or exercise is also easiest with internal products