Women and Diversity Health

MINI-GUIDE TO MENSTRUAL PRODUCTS



2025

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Period Products

Product	Placement	Function	Sustainability	Running Water Required	Changing Frequency	Capacity	Physical Activity Level	Swimming
Pads	External	Absorb	Disposable	No	4-6 hours	Medium to Heavy flow	Low	Not Recommended
Cloth Pads	External	Absorb	Reusable	Yes	4-6 hours	Medium to Heavy flow	Low	Not Recommended
Liners	External	Absorb	Disposable	No	2-4 hours	Light flow	Low	Not Recommended
Period Underwear/ Swimwear	External	Absorb	Reusable	Yes	8-12 hours	Light to Heavy flow	Medium	Recommended
Tampons	Internal	Absorb	Disposable	No	4-8 hours	Light to Heavy flow	Medium	Recommended
Cups	Internal	Collect	Reusable	Yes	8-12 hours	Light to Heavy flow	Medium	Recommended
Discs	Internal	Collect	Disposable	No	12 hours	Light to Heavy flow	Medium	Recommended
Discs	Internal	Collect	Reusable	Yes	12 hours	Light to Heavy flow	Medium	Recommended

Additional Considerations:

1

Menstrual cups form a seal against the vaginal walls which prevent leaks and keep it in place. They can be used along with an IUD, but there is a chance that the IUD may become dislodged while removing the cup. If this occurs, a new IUD must be re-inserted by a healthcare provider. Reusable cups can last up to 10 years with proper care.





2

Menstrual discs sit just below the cervix and can be worn during penetrative sex but are not a form of birth control. They have been shown to hold more fluid than cups or tampons, making them a good choice for a heavy flow.

3

Tampons are available with or without an applicator to assist with insertion/positioning inside the vagina.





4

Period Underwear are also useful for urine leakage (incontinence) or post-partum flow. They come in a variety of styles including shorts and swimwear.



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