

How to make

Re-usable Menstrual Pads



Funded by

Re-usable Menstrual Pads

Re-usable menstrual pads are washable fabric/pad worn by girls during monthly menstruation and not thrown away but are instead properly washed and used again. This makes them affordable.

These pads have the capacity to hold the flow of menstruation and can be used for a year after they have been worn; after which they must be properly disposed of (burned).

While there are many manufactured re-usable pads such as: AFRipads, you can make your own homemade re-usable pads using locally available materials including cloth and cotton.

How to make a homemade re-usable pad "local pad"

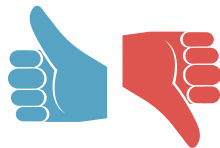
REQUIRED MATERIALS:

- ✓ Cotton cloth
- ✓ Cotton wool
- ✓ Thick Polythene or 'kaveera'
- ✓ Scissors or a razorblade
- ✓ Needle(s) and thread



GOOD MATERIALS

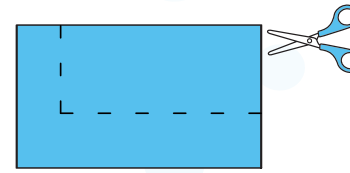
These take in (absorb) the blood, they help you maintain good hygiene, and they are soft on the skin.



BAD MATERIALS

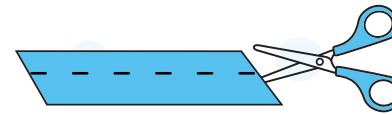
Do not take in (absorb) the blood, they irritate and burn the skin, and can cause fungal and bacterial infections.

STEPS:



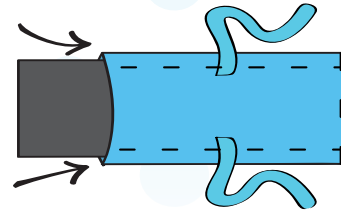
1

Cut two small pieces of clean cotton cloth of 16 cm by 7 cm.



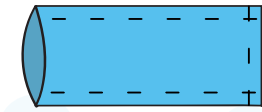
3

Cut 2 or 4 small strings from the remaining material of clean cloth to hold the pad.



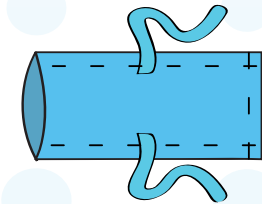
5

Cut the polythene sheet to the shape of the pad and insert it through the pad's opening.



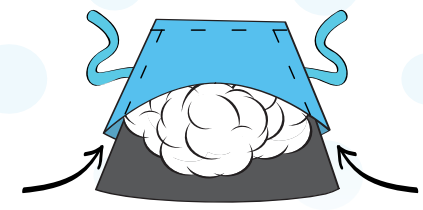
2

Sew the two pieces of cloth leaving an opening at one of the short edges.



4

Stitch the strings to either side of the pad to tie under the pair of knickers.



6

Get some clean pieces of cotton cloth/wool and push them inside the pad - on top of the polythene sheet.

Now your home made sanitary towel is ready. This particular type can also be used by girls who do not have knickers.