Materials
• Cloth pads (unstitched, stitched and ready made) are made of different fabrics.
• Soft, clean, cotton cloth is ideal to make homemade cloth pads.
• Cloth pads have multiple layers to protect against leakage: top layer is in contact with body and allows blood to be absorbed. This should be of soft, clean cotton. The middle layer is the absorbent layer that absorbs menstrual fluid. The bottom layer prevents the menstrual blood from leaking and staining clothes. Some cloth pads can have "wings" on the side, just like a sanitary pad, to attach the pad securely to the underwear.

Use & Disposal
• Change pad every 3-6 hours.
• Wash genitals with water, and bathe daily to keep clean during menstruation.
• Wash cloth pad thoroughly and dry in direct sunlight.
• Discard when cloth is stained, has an odour, and becomes rough.

Materials
• The menstrual cup is made with medical grade silicon and is worn inside the vagina.
• The "cup" collects the blood, and the stem at the bottom helps to remove the cup.

Use & Disposal
• Menstrual cups needs to be used for a few menstrual cycles to gain familiarity and comfort.
• Wash genitals with water, and bathe daily to keep clean during menstruation.
• Wash menstrual cup with soap and regular soap thoroughly at the end of the period, dry well, store safely.
• Cup can also be sterilized in boiling water for 5 mins.

Materials
• Many varieties of sanitary pads are available - some are slightly thick, and some are very thin (made with super absorbent polymer/SAP). Both absorb blood and prevent leakage when used well.
• Sanitary pads have three main parts: Top layer touches the body and allows the blood to be absorbed into the pad. This layer should be soft to touch. The middle layer absorbs and retains the menstrual blood, and is made of wood pulp. Some thin pads may have a gel sheet with SAP to absorb blood. The bottom layer, made of plastic, is a leak proof layer that prevents blood from leaking and staining clothes. The outer side of the bottom layer has glue that helps the pad stick to the underwear.
• Many pads have wings that prevent leakage from the side and stick the pad securely.

Use & Disposal
• Change pad every 3-6 hours.
• Wash genitals with water, and bathe daily to keep clean.
• Discard pads after single use, and before it tears, smells, or starts to leak.
• Discard used pads wrapped in paper in a dustbin.
• Consult Doctor before using medicated sanitary pads.

Materials
• These pads are made of natural substances and use limited plastic or use bio plastics.
• Sanitary pads have three main parts: Top layer touches the body and allows the blood to be absorbed into the pad. This layer should be soft to touch. The middle layer absorbs and retains the menstrual blood, and is made of pulp made from natural fibers. The bottom layer, is a leak proof layer that prevents blood from leaking and straining clothes. Outer side of the bottom layer has glue that helps the pad stick to the underwear.
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### Menstrual materials and disposal

<table>
<thead>
<tr>
<th>Waste Management</th>
<th>Waste Reduction</th>
<th>Unsafe Disposal</th>
<th>Waste Transformation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fewer products used</td>
<td>Open burning</td>
<td>Throwing in the open</td>
</tr>
<tr>
<td>Disposable Sanitary Pads</td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Disposable Compostable Sanitary Pads</td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Reusable Sanitary Pads</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menstrual Cups</td>
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</tbody>
</table>

- **Unsuitable**: Unsuitable
- **Suitable**: Suitable, but dependent on technology used and type of product
- **Suitable**: Suitable
- **Insufficient evidence**: Insufficient evidence

Note: Only recommended incinerators that meet design and emission parameters as per Central and State Pollution Control Boards and Solid Waste Management Rules 2016.

Adapted from material developed by Development Solutions, MHAI, WaterAid India and University of Liverpool.