

Planet-Positive Periods: A Toolkit for Sustainable Menstruation



Appendix A:

Frequently Asked Questions on Reusable Menstrual Products

1. Do reusable products actually work?

Yes! Assuming that you are using a quality product, users typically find reusables more comfortable and effective than disposables.

2. Are reusables safe?

Quality reusable products are tested for safety and are also reviewed by federal health agencies. When used and cleaned as directed, these products are generally safe. You can also be an informed consumer when choosing reusable products.

3. How do I clean reusable products?

Most reusables can be cleaned using water and soap or detergent. Rinse reusable pads or period underwear in cold water and either hand or machine-wash with soap or detergent after each use.

Menstrual cups can be cleaned with soap and water before use, or can be immersed for five minutes in boiling water before every cycle.

4. How do I manage reusables when I'm outside the home?

Menstrual cups and discs can be cleaned in public bathrooms by bringing a wet paper towel into the stall, emptying the product into the toilet, cleaning it with a paper towel, and then re-inserting it. Used reusable pads or underwear can be placed in a waterproof fabric-lined bag to transport until the user gets home to wash them.

5. Will my period blood smell on my cloth pads, cups or period underwear?

Reusable menstrual product users generally find that their period blood does not smell and healthy period blood odor is not noticeable to others. If there is an unusually strong odor, that might be a sign to check with a medical professional.

6. Where can I buy reusable menstrual products?

Quality reusable products are most easily available online. Quality, ethical product companies like Aisle and other Certified B Corps are a great place to look.

For a full list of frequently asked questions, consult Aisle's online [FAQs](#)