



## Tips For Managing Heavy Periods



Consider wearing pads specifically designed for heavy periods.

Wear underwear made of thicker fabrics to minimize mess in case of leaks.



Opt for dark-colored clothes to make potential leaks less noticeable.

Use a menstrual pad along with panty liners to enhance absorbency.



Wear period panties along with menstrual pads for extra security.

Carry an extra pair of panties and pants in case of emergencies when outside.



Avoid activities involving vigorous movements to prevent the pad from shifting.

Change the pad right before sleeping to reduce the risk of night leaks.



Set an alarm to wake up at night and check if your pad needs to be changed.

Use a waterproof bed sheet protector to safeguard your bedding from messy leaks.



### Reference:

1. Tips And Tricks For Coping With Heavy Periods; National Hemophilia Foundation