

Ditch the disposables!

40% of women still flush tampons. These may contain hidden plastic and can cause blockages and pollutions. Try switching to reusables.



Period pants

- Comfortable and leak proof protection.
- Great for light days or extra protection on heavy days.
- Simply wash and use again.
- They can hold up to the same amount as 4 regular tampons.



Menstrual cups:

- Save £100s – **one cup can last up to 10 years.**
- Convenient and easy to use.
- Can last for up to 12 hours before emptying is required. This depends on flow.

Reusable sanitary pads

- During their life, a person typically uses around **10,000 sanitary products.**
- Switching to reusable products can save up to 94% of money spent on disposables over a lifetime.



Wipes

- Most disposable wipes contain plastic and take **hundreds of years** to break down.
- Never flush wipes – bin them or switch to reusable products.

For more tips to keep drains and sewer pipes clear, go to keepitclear.anglianwater.co.uk