



Product Chooser

Menstruation

In order to help you choose the most appropriate products for your needs, we have constructed a table to guide you. Which products you select will depend upon your preference for disposables or reusables and whether you wish to have an organic range or not. Clicking on words and phrases in **Green** will take you directly to the section or product in question.

Many women start with an [Intro kit](#) and then add to it over time if necessary.

If you need any further advice, please just email us at enquiries@pinkrobin.co.uk with your query and we will do our best to help.

Flow	Lunapads	Wemoon	Imse Vimse	Natracare tampons	Natracare pads
Everyday	Teeny pantyliners Mini pantyliners	Lights	Minipads	n/a	Ultrathin pantyliners Curved pantyliners Tanga pantyliners Breathable pantyliners
Light	Minipad & Liner	Lights	Minipads	Regular with applicator Regular without applicator	Traditional Maxi Pads: (slender)
Medium	Maxipad & liner	Slim	Regular	Regular with applicator Regular without applicator Super without applicator	Traditional Maxi Pads: (curved regular) (super) Ultra pads with or without wings: (regular) (super)
Heavy	Long Pad & Liner	Maxi	Night	Super with applicator Super without applicator Superplus without	Traditional Maxi Pads: (super) (nighttimes) Ultra pads with or without

				applicator	wings: (long) (superplus - no wings)
Maternity	Post partum pad and liner	n/a	Night	Not recommended	Natural Maternity Pads

Pregnancy and Postnatal Products

Washable Pantyliners during Pregnancy

Many women experience an increase in their whitish vaginal secretions in pregnancy; this is entirely normal. This discharge, which is called leucorrhoea ('white loss' pronounced lew-cor-ria) may be a little uncomfortable and the washable pantyliners are an ideal and economical solution. They protect your underwear and will come in handy after your baby is born too.

If your vaginal secretions change colour or are bloodstained, smelly, watery or irritating you should seek advice from your midwife or doctor as soon as you can.

After birth or Caesarean section

All of the pads that we supply are suitable for use after birth. Internal sanitary protection such as tampons, the Mooncup or natural sponges are not suitable at this time.

The soft breathable fabrics will be much more comfortable for those days after birth when the delicate tissues of the birth canal have been injured. They are also suitable for women who have had caesarean sections who may have heavier loss or lochia than after a normal vaginal delivery.

For the initial days after birth, the heavy pads and the long and maxi pads may be most suitable. These can be made use of in the months after birth as pads for night time use, and will of course be ready for use after a later pregnancy. For those of you using washable baby nappies, the care and laundry of your sanitary pads will be easy to manage together.

In addition, the [Lunablanket](#), which is a small cotton blanket with a leak-proof inner layer, can be placed on your sheet at night to protect your bedding from leaks.

If you prefer disposable maternity pads we supply the [Natracare Maternity Pads](#). These are Traditional Maxi pads which are extra long with a thick absorbent TCF fluffed wood pulp core. This is surrounded by a GM-free, plant starch leak-proof barrier encased in a soft cellulose cover. These ecologically friendly products are very reassuring at a special time.



Breastfeeding and Breast care

You may find the [Imse Vimse silk and wool](#), washable organic breast pads (which can be used with organic cotton inserts), of use if you are breast feeding. Alternatively, you may prefer [Natracare Nursing Pads](#), disc shaped TCF fluffed wood pulp core with a GM-free, plant starch leak-proof barrier encased in a soft cellulose cover.

These may also be used if you choose not to breast feed or are unable to do so to protect the nipple area and absorb leaks while the breasts settle back down to their pre-pregnancy state.

Urine Incontinence

Urine incontinence simply means passing or leaking urine in any amount when you do not want to. It is a very common condition occurring in about 1 in 5 women of all ages. Many women find this very embarrassing and are very reluctant to buy disposable products from the pharmacist or supermarket. These can turn out to be quite expensive and contribute to our waste mountain.

There is more than one cause for this condition.

Stress Incontinence

Commonly this occurs when the muscles of the pelvic floor have become weaker, often from damage which occurred during pregnancy and childbirth. You may leak when you cough, sneeze, laugh or exert yourself.

There are treatments available which range from specialised physiotherapy to major surgery.

Urge Incontinence

In this condition, the muscle in the wall of the bladder, (the detrusor) which contracts to empty the bladder is overactive and it contracts when you may not want to pass urine. This is also called 'latch-key' incontinence and can sometimes be helped by medication.

Often both of these causes occur at the same time in the same woman.

There are other causes such as problems with the nerves which control the bladder, but these are much less common.

Please look out for our Health Information Sheet which will explain all of these conditions and their treatments in more detail.

The range of pads we have to offer can provide a perfect solution for this embarrassing leaking. We have washable, reusable, comfortable and attractive pads from three ranges

currently. These will obviously be very economical also as once you have purchased your required number of pads there is nothing else to pay.

For those of you who prefer disposables we offer the Natracare Dry + Light pads, made from 100% pure Organic cotton and natural cellulose combined with plant-based bioplastics. These are a natural choice, individually wrapped for convenience.

Buying from us online allows you to keep your privacy and dignity and means no more stressful situations at the checkout.

We have constructed a table to help you choose the right product.

Level of Problem	Type of Pad	Recommended Product
Very mild or occasional incontinence	Non-disposable	Lunapad Teeny Pantyliner Lunapad Mini Pantyliner Wemoon Light Imse Vimse Mini
	Disposable	Natracare Dry + Light
Mild incontinence	Non-disposable	Lunapad Mini/Maxi/Long Wemoon Slim - small/medium/large Imse Vimse Normal
	Disposable	Natracare Dry + Light
Moderate to severe incontinence	Non-disposable	Lunapad Maxi/Long/Heavy Wemoon Maxi Imse Vimse Nights
	Disposable	Natracare Dry + Light