

	Code	code	code	code
Do you have any other comments about your periods or the products you used before the trial?				
period pants are definitely a game changer, especially at night/during heavy days using in conjunction with a sanitary when deployed they did settle with 'others' since not deploying the last few years they have been unpredictable and Become more irregular when at sea compared to when I'm at I had always wanted to try RMP before but the cost of them and the lack of knowledge around them put me off.	prevent leaks	heavy flow	sleep/night	
My cycle is very irregular so I found that having a moon cup or keeping a tampon on me is the easiest overall.	cycle change deploy	unpredictable cycle		
My period before the implant was regular monthly and on the same date. My period since being on the implant has been sporadic, unpredictable and heavier so was difficult to plan	cycle change deploy			
My Period tends to be Heavy and extremely painful for the first day or two. Sometimes it is difficult to do everyday tasks.	cost barrier	unknown barrier		
Periods reasonably regular but can occur with a few day	irregular cycle	keep products handy		
	irregular cycle	hard to plan sanitary needs		
	heavy and painful bleed			
	regular			

What did you feel were the benefits or advantages of using the period pants?

prevented soak through and good to use on own when light flow	prevent leak			
They're so much more comfortable than wearing sanitary towels. I found it much easier to sleep wearing them. It's much more discrete than having to take sanitary towels everywhere, and easy to know that I had sufficient supplies of them.	comfort	discrete	supply	sleep
They are much more comfortable under rig 22. They also don't give off a scent like sanitary towels do. They are washable and I feel more confident wearing them at work.	comfort	odour	confidence	

Very comfortable, no concerns about leakage when changed appropriately, easy to use and actually no problems with them. They were conformable, discreet and have great absorbency. free feel to them

comfort
comfort
comfort

leakage confidence
discrete
easy to use
absorbant

Not having to make sure you went to a toilet with a sanitary bin. They were really comfortable.

sanitary bin

convenient
supply
comfort

No worry of leaking whilst on board and no worry about running. Easy to use on heavier days when a tampon wasn't enough, also great for minimising waste without the need for pads. I really loved using them and will continue to do so

leakage confidence

double protection
reduce waste
continue to use

Provide reassurance that any leaks will be contained, especially when on watch or unable to get to a bathroom. Also great for them. They were easier to wear when going to sleep, less hassle.

leakage confidence
sleep

long watch
unable to get to sleep

They were a benefit to wear when my period was due especially at night so I wasn't caught without protection or wasting reusable products when anticipating my period. They were very good during sports sessions. I also used them in combination with disposable products saving me if I didn't have

sleep

prevention / pre-em double protection sport

No waste, it was easy to clean them having sinks in our cabins and in the toilet cubicles.

reduce waste

easy clean

I found the period pants very useful as they're a great way to deal with the Flow. I found them suitable to my flow and thought that the black colour was a great choice. I particularly found them useful at night as I could pair them with a pad if I was experiencing heavy flow and I felt secure that I would not leak onto my bed sheets. This is particularly important when paired with normal stores bedding, as I was dealing with on ship, as the white sheet often makes me nervous when I am on my period. I found this just generally improved my quality of

colour

sleep

leakage confidence
white bedding
wash ok

What was difficult when using period pants?

when heavy flow used sanitary towel to prevent soak through
Ensuring that after washing the blood off, they were stored
somewhere suitable whilst wet. Making sure they were cleaned
there was nothing difficult about these pants. The ones
supplied for this trial are the best I have worn actually,
compared to the pricey ones purchased at home. The sizing is
great, my others are tight around the groin area and are quite
Took a while to dry due to cool conditions in the laundry Had to
change part way through the day on my heavier days, this was
obviously more of a faff than changing just a pad
Washing was an issue, I was reluctant to wash with other
clothes so had to save thrm to rinse prior to washing. this is ok

needed double protection
storage prompt cleaning
good sizing
drying difficulties if need to change more difficult
separate washing difficult

On first days of period I always bled through the pants so I also
have WUKA period pants as they absorb more as I mainly found
that in the day I would have to check if I hadn't leaked through
my uniform.

need extra for heavy day

The size of the pants were a little small and so could have been
more comfortable. If the company gets larger sizes, that would
The cleaning and sanitising, they are meant to be washed with
antibacterial solution but was difficult to get this but they get
washed at high enough temperatures to combat this.
washing facilities - it was uncomfortable putting them through
the ships laundry - but thankfully the Exec team acquired some
portable washing machines which could be used in the mess

sizing small
washing concerns
communal washing concerns

On heavy days I could go through 3 pairs of pants in a morning. bleed through heavy day

How did you feel about the fit of the period pants?

very comfortable and not as bulky as O thought would be.	comfortable	not bulky
Good and comfortable.	comfortable	
amazing! very impressed. I would <u>100</u> purchase more if I knew where or who made these.	would buy more	
Fit well, comfortable to wear	comfortable	good fit
fit well and are comfortable	comfortable	good fit
perfect fit	good fit	
I felt the fit was fairly good although after 5 wears one of the pants started to form a massive whole.	good fit	not durable
The size of the pants were a little small and so could have been more comfortable. If the company gets larger sizes, that would be amazing. Additionally, if they are able to supply non VPL ones that would add to the comfort.	small fit	VPL
They were very full coverage compared to what I'm used to with pants but were way more comfortable than wearing pads	not preferred style	
Small fit so had to size up	small fit	

How did you manage cleaning the period pants?

was not deployed so washed in washing machine as usual	home machine	
I cleaned them in the shower with myself before storing them in the washbag provided. I added them to my normal wash.	used shower	normal wash
Very easy to clean. They also dry pretty quickly too	easy	dry well
Put them in with my dark wash. Ship has self service laundry	normal wash	self service

As above i kept them in the wash bag provided, rinsed them and then washed them with the rest of my washing.

easy just chuck them in washing machine

Really easy to clean would just put them on a hot wash with my

No problems

Put them in the usual laundry after rinsing the blood out with used the portable washing machines funded through welfare

fund and purchased by RMP champion.

pre rinse normal wash

normal wash

normal wash

pre rinse normal wash

local purchase machine

bulky

What did you feel were the benefits or advantages of using the menstrual cup?

The cup is good for the environment and of course the onboard life of less waste disposable. They are good for between pant wearing, or sometimes on very heavy day, as well as.

easy to use and clean

environment less waste

ease

No worry of running out of product whilst on deployment

They tend to hold quite amount of blood.

Felt cleaner whilst using Ease of use was good Comfort was

I thought the menstrual cup was a great way to deal with a period for up to 12 hours which is a greater time than standard disposable menstrual products. I also think that the idea of just

swilling it out then it being good to go straight away is really convenient especially in the maritime environment. They also

seek very sturdy and like they would last a considerable

amount and time and would save you a fair amount of money

Advantages were that I could leave it in longer than a tampon

Leak proof, can have in for ages and whilst doing exercise.

Really good for when you arent able to change often.

reduce supply concerns

volume hold

feel clean ease

long duration convenient

long duration

leak proff long duration normal wash

specific laundry days difficult

once more familiar with the product, I found I could wear it for longer than disposable products.

long duration

It was already my preferred sanitary product but the one sent for the trial is far better than my old one. It's convenient both for use and cleaning, and not uncomfortable.

convenient comfortable

As a female ME we have no period product bins in the heads back aft so the cup came in really handy. It was comfortable

helps with lack of bin comfortable

What was difficult when using menstrual cup?

As we were providing with the washing cup also, this made Sometimes difficult to use when not used to it.

wash cup comfort
getting used to it long lasting

Difficult/ embarrassing to clean properly if sink is shared. Using the cleansing cup didn't feel clean enough

communal cleaning embarrassing

I found it tricky to get in due to it feeling unnatural. Also when taking out it can make a mess if you are unsure how to remove

difficult fit messy on removal when difficult to change

No where to clean them in private, all washing facilities are At first getting it out I found really tricky.

communal cleaning embarrassing
removal tricky

diffulty initially in fitting / becoming comfortable with the product. a bit 'messy' the beginning.

getting used to it messy on removal

It can be a hassle getting used to it and the placement, plus you often end up getting some blood on you. But overall if say it's not a big deal and easy to get used to.

getting used to it messy on removal

It did become out of place once but I was doing a demanding task which involved squatting and lifting.

dislodged

Having used one before I personally experienced no difficulty however I sensed for those new to them it was difficult to get

getting used to it comfortable

used to in an at sea environment and would maybe suggest Heads on board are small and not always the most hygienic,

did not feel confident with emptying in the heads

small toilet cubicles dirty toilets

How did you feel about the fit of the menstrual cup?

I couldn't feel it unless it slipped down a little too much. Then I would have time to pop to the toilets when needed to re-adjust perfect fit

sometimes moved
good fit

Good fit

good fit

They fit ok.

good fit

The internal fit was good, but i was sore after a couple of days inserting and removing and put off using it regularly due to that The fit was good.

good fit
some soreness
good fit

Fit was fine.

good fit

Good

good fit

once used to the positioning needed and angles for insertion it fitted well. had a few 'leaks' to begin with but with overcame As I said before it is better than my previous one, especially for

getting used to it
leaks
good fit

How did you manage with cleaning the menstrual cup?

With the additional cup it was very helpful. Less embarrassing also, although I'm not sure why I got embarrassed easy

cup helpful
embarrassed but why?
cup easy

Very easy, although I am fortunate enough to have an en suite on board. I imagine it is a little harder if you do not have single This was fine to clean.

ensuite

Able to clean and sanitise well, as i had private sink (between 2 people on opposite shifts), but this would have been embarrassing/ harder if i was a JR with shared sink areas

private sink

I tended not to use the menstrual cup as I found it too tricky to get in. However I can see the benefits of it for others and I will It was very difficult hence why i only used it for a month.

difficult use

Bit awkward at first
 much easier than the pants.
 I really like the cleaning cup it comes with, but often just used
 the sink in my cabin as it's far more discreet.

awkward
 easier than laundry
 cup helpful private sink

How has the trial changed how you feel about re-useable menstrual products?

now want to try menstrual cup
 I now prefer re-usable menstrual products and will be
 purchasing more period pants.
 since the trial began I have also purchased some reusable
 sanitary towels. which by the way Hampshire County Council
 offer decent discount on various providers for those in the area.
 I am now aware of more of the available options
 I wasn't keen on period pants because of issues with leaking
 and washing. I found them to have a great absorbency and
 feel like they should be more widely used
 I thought period pants were a gimmick and wouldn't be
 absorbent enough but worked really well for me with no anxiety
 now use period pants regularly
 Will continue to use period pants whilst at sea, as it's easier
 and less waste for the sanitary bins.
 I used to think it was quite gross and struggled to get my head
 around the concept. I found the thought of it quite
 uncomfortable. But now, I think it is a great idea and was
 surprised at how clean it felt in comparison to sanitary towels.

try more
 purchase more continue
 purchase more
 awareness of options
 changed mind with experience
 should be widely used
 changed mind with e no leaks
 continue to use
 continue to use less waste
 changed mind with e feels clean discreet wash
 eonvironment

Do you want to tell us anything else about your trial experience?

Thank you for allowing me to participate in the trial. thank you

Dr XXX has been a wonderful help throughout my experience, I have seen her answer many questions in various places. They are very quick to respond and provide knowledgeable

good information

double protection

I was also given a menstrual cup to trial but didn't actually get to use it due to the logistical challenges of being able to clean and sterilised it whilst on board. In order to sterilise I would have had to have taken it up dirty through several decks and then used the microwave in the pantry where other members of SC have food/wash up/make drinks and having just joint the I am very impressed with the quality of product and would definitely invest in more.

uncomfortable transiting communal areas

buy own

making this a permanent feature for women in the RN

hope wider RN

I think these products are the way forward for women deployed, they offer a discrete solution in regards to waste and reduce the anxiety of leaking during the working day with the

future benefit

Was great to actually be able to trial the products without the cost - will defo be continuing to use them. Washing facilities could be improved to make washing easier whilst on board.

great to try without c continue

The only thing that puts me off is the soreness from inserting and removing. It made me question whether i was using it correctly. But the fact it felt so comfortable whilst using and that it didn't leak made me think i was using it in the right way.

I would happily take advice to prevent the soreness in future, I did not use the cup as I've had issues with it leaking in the No, I found it quite good

future use different product