

How does the underwear work?

Just like regular underwear, but ikura underwear has layers to **keep you comfy and dry**. They also have a leak-proof barrier so your skin can breathe.



8-10 HOURS PROTECTION

Help protect Papatūānuku

Single-use items like pads and tampons can take hundreds of years to decompose. With proper care, one pair of ikura underwear can **last for up to 50 washes**.



LASTS UP TO 50 WASHES

Feeling nervous?

If you're a first-time user, trying the ikura underwear at home and on a light day of your cycle is a good way to get started. Keep a tampon, pad or a spare pair of underwear handy, just in case. This way, you can see what will work best for you and your flow. Ikura bikini briefs hold up 2 to 4 tampons worth, so this should help you work out when to change your underwear.

Can the underwear be used in place of what I currently use?

Yes, for sure! Ikura underwear can either **replace what you currently use, or used with** other products (i.e., pads, tampons, and liners).

Will the underwear smell?

No. There is **anti-odour technology** and an antibacterial layer that gets rid of odours and bacteria. These briefs are super absorbent to keep you **fresh, dry and protected for up to 10 hours**. But remember to replace your underwear regularly to suit your flow.



=



HOLDS UP TO 2-4
TAMPONS WORTH

Can I use the underwear at night?

Yes. The absorbed lining provides protection when lying down so you are **protected day or night**.



FOR DAY AND NIGHT

How many pairs of underwear do I need?

It depends on how you use them with your cycle. As part of the school trial, you can order **6 pairs of reusable underwear** that comes in a range of sizes. If you're only using the underwear during your cycle, you should be okay. If you use them with other products, then 2-3 pairs.



5-7 PAIRS TO LAST A CYCLE

Washing my underwear

Wash like normal underwear.

Once you've finished wearing your underwear, simply rinse and pop them into the washing machine on a **cold cycle** ready for your next wear. **Make sure you line-dry them** and never put your underwear in the dryer – it'll wreck the unique waterproof layer.



WASH ON A COLD CYCLE



Will washing get rid of blood and discharge?

Yes! Rinsing and washing with detergent will wash away bodily fluids including blood and discharge.

Can I wash with other clothes?

Your ikura underwear can be washed on their own or with your regular underwear and clothes – they will be fine – just leave out the bleach and fabric softener.

Uh-oh! I've accidentally put my underwear in the dryer!

Don't worry – if you throw them in the dryer once or twice, you'll be fine to keep using them. But if you're tempted in winter or you desperately need a clean pair, it's not a good idea to put your underwear in the dryer after every wash – the heat will ruin the waterproof layer and may cause the briefs to leak or change shape.



LINE DRY ONLY, NO DRYER!

Ikura
 Manaakitia te whare tangata
 Period Products in Schools

CHOOSE
 TO **REUSE**

Be kind to Papatūānuku,
 our Earth Mother



Te Kāwanatanga o Aotearoa
 New Zealand Government



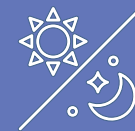
UP TO 10 HOURS
 FRESH, DRY AND PROTECTED



LASTS UP TO 50 WASHES



HOLDS UP TO
 2-4 TAMPONS WORTH



FOR DAY AND NIGHT



5-7 PAIRS TO LAST A CYCLE



WASH LIKE NORMAL

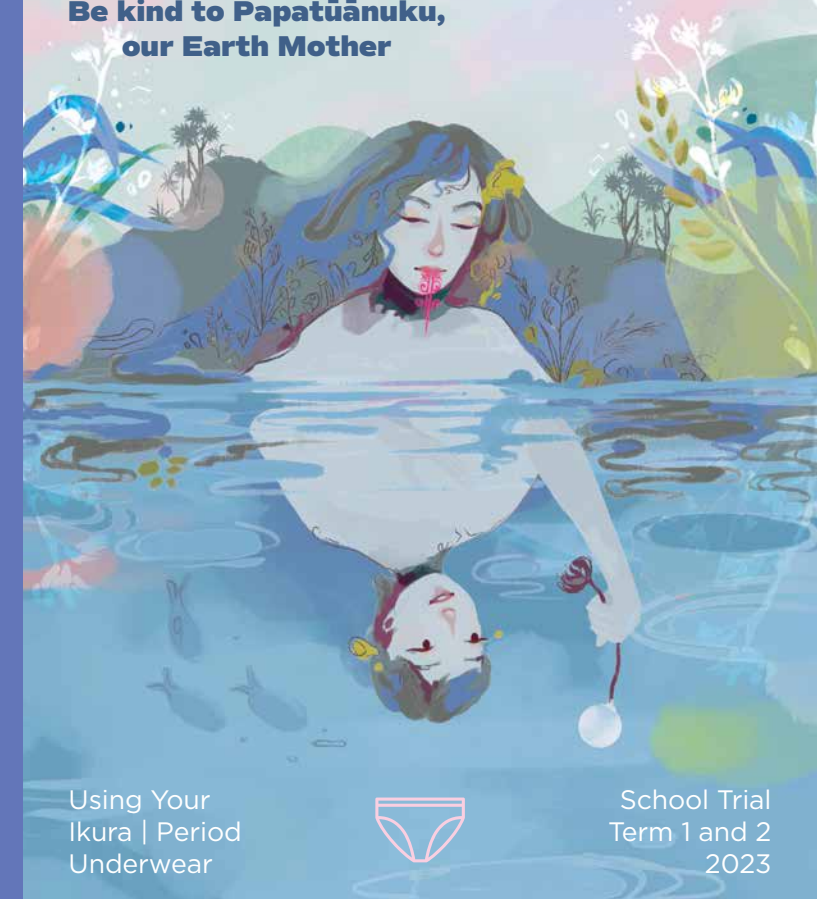


LINE DRY ONLY, NO DRYER!

CHOOSE
 TO **REUSE**

Ikura
 Manaakitia te whare tangata
 Period Products in Schools

Be kind to Papatūānuku,
 our Earth Mother



Using Your
 Ikura | Period
 Underwear



School Trial
 Term 1 and 2
 2023

What are cups?

These are small, flexible, bell-shaped cups made of silicone or latex rubber. The **cups collect your flow** rather than absorb it. You'll remove the cup every **4-12 hours** (depending on your flow), empty, wash and re-insert.



CHANGE EVERY 4-12 HOURS

Why cups?

Reusable cups are a sustainable way to manage your periods. They're **environmentally friendly**, last up to 5 years meaning less waste for Papatūānuku.



ENVIRONMENTALLY FRIENDLY
FOR UP TO 5 YEARS

Are they safe?

Yes. To make sure they stay that way, you'll need to **clean regularly, sterilise and store** your cup properly. This will prevent bacteria or germs contaminating the cup, and any risk of infection or irritation. Like tampons, Toxic Shock Syndrome is a very rare risk – but something to be aware of.



SANITISE AT THE END
OF YOUR PERIOD

Can I play sports when it's inserted?

Life can go on when using cups, just like when using a tampon. But you decide what is best for you during your cycle!



Using your cup

Cups are like tampons and are inserted into the vagina. If you're a first time user, try practicing inserting and removing while you're not on your cycle.

1. Wash your hands.
2. Squeeze the cup together.



3. Fold the cup in half to make a C-shape.
4. Relax and gently insert into your vagina.
5. The cup will create a seal against the vaginal wall to catch your flow and prevent leaks.
6. To remove, gently pull down on the knob.
7. Empty, wash and reinsert every 4-12 hours, depending on your flow.
8. You may need to try a couple of times but hang in there. The more you use your cup, the easier it will get.

Clean

After emptying your cup, remember to **rinse out with warm water** before reinserting.

Sanitise

At the end of your period, sanitise your cup. Here are some suggestions but it's best to talk with your whānau or family about the method that will work best for your tikanga or cultural beliefs and practices.

This product comes with its own microwavable steriliser case.

1. Open the lid. Fill with cold water to the line on the inside rim.
2. Place the cup face down. Close the lid to the first notch so there's still a gap at the top – this is important because the steriliser needs airflow when it's heated.
3. Microwave for 1 minute on high (in a 1000W microwave).
4. Leave to cool – it may be too hot to handle.
5. Remove the steriliser, open the lid and drain the water.



MICROWAVE FOR 1 MINUTE

Another way to sanitise is to boil the cup for 5 minutes in a pot. It's a good idea to set aside a pot especially for this and not cook food in it.



BOIL FOR 5 MINUTES

Store

Use your portable and convenient steriliser case to store your cup. Put the case in its own discreet little bag and take it places.

Ikura
 Manaakitia te whare tangata
 Period Products in Schools

CHOOSE TO REUSE

**Be kind to Papatūānuku,
our Earth Mother**



CHANGE EVERY 4-12 HOURS



ENVIRONMENTALLY FRIENDLY -
LASTS UP TO 5 YEARS



LIFE CAN GO ON WHEN
USING CUPS



CLEAN AFTER USE
WITH WARM WATER



SANITISE AT THE END
OF YOUR PERIOD



MICROWAVE FOR 1 MIN
OR BOIL FOR 5 MIN

CHOOSE TO REUSE

Ikura
 Manaakitia te whare tangata
 Period Products in Schools

**Be kind to Papatūānuku,
our Earth Mother**



Using Your
Ikura | Period
Cups



School Trial
Term 1 and 2
2023