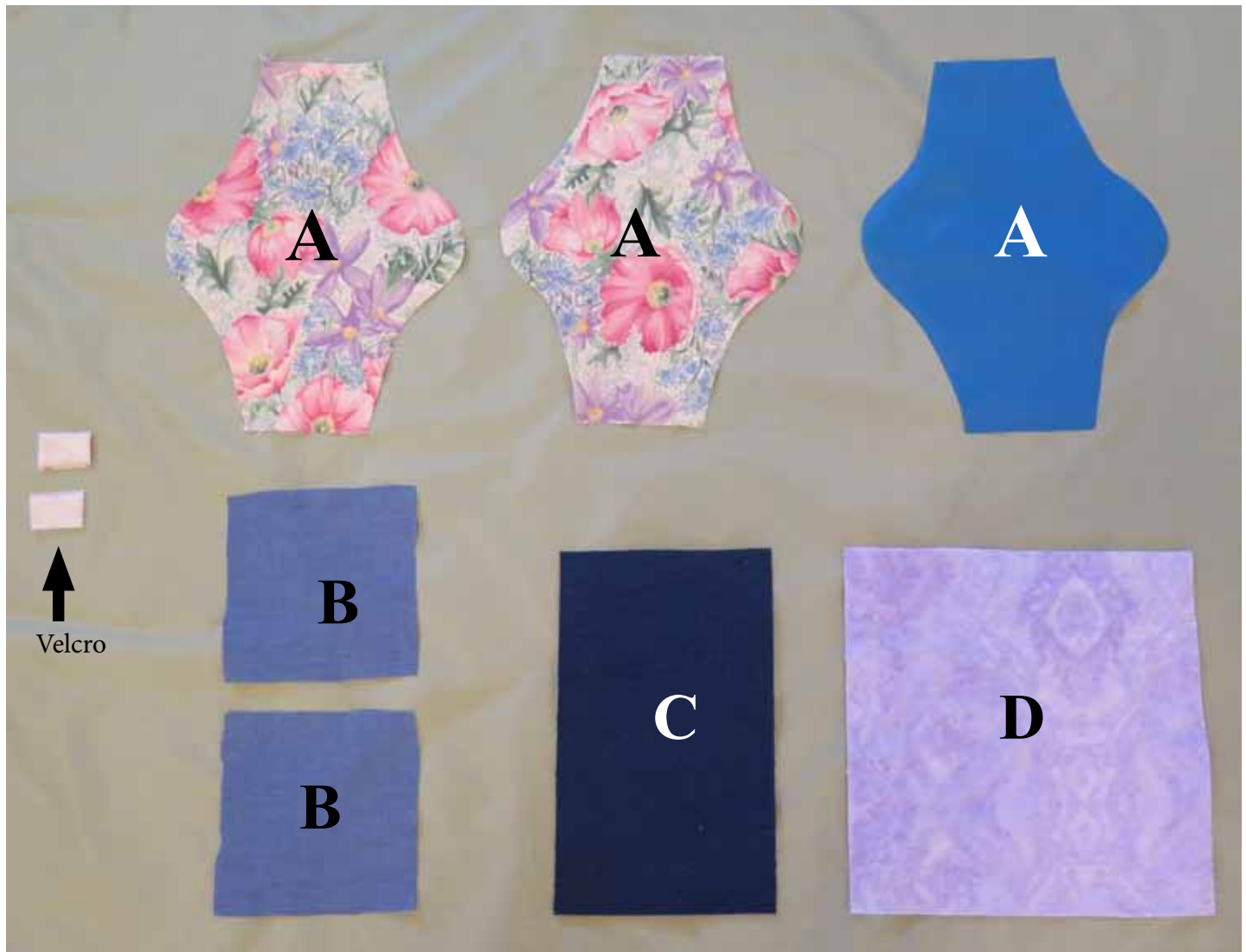


# Instructions for Sewing Washable Menstrual Pads for Ugandan Women and Girls



Cut Pattern Pieces - Use the included pattern to make the following:

Cut 2 of pattern piece A from 100% cotton

Cut 1 of pattern piece A from rip stop or other waterproof fabric

Cut 2 of pattern piece B from 100% cotton

Cut 1 of pattern piece C from 100% cotton flannel

Cut 1 of pattern piece D from 100% cotton flannel

All seams are 1/4 inch (1/2 cm) unless stated otherwise.

Use a straight stitch in place of serge or zig zag if those are not available.

## Part I - Prepare the Pocket

1. Fold both B pieces in half wrong sides together and press with iron.



2. Sew along the folded edge of each piece.



## Part II - Assemble the Pad Holder

1. Lay 1 piece A right side up.



2. Lay 1 piece B at each end of piece A lining up the raw edges. *Be sure sewn folded edge is facing towards the center of the pad holder.*



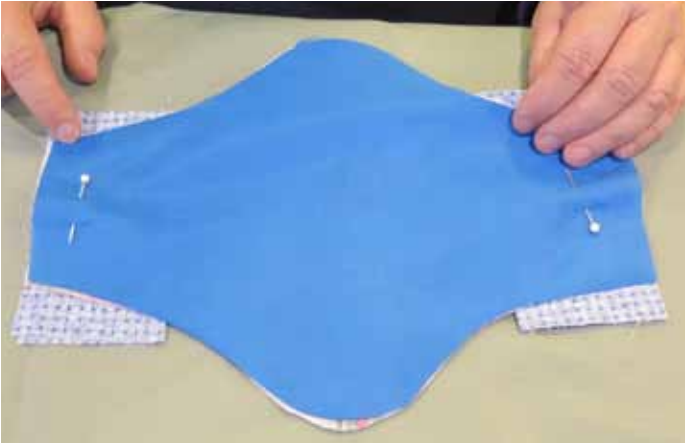
3. Lay 2nd piece A right side down on top of 1st piece A and the B pieces, lining up all edges.



4. Lay rip stop/water proof piece A on top of 2nd piece A, lining up all edges.



5. Secure pieces together with straight pins.



## **Part III - Sew Pad Holder Pieces A & B Together**

1. Starting at the top of the pad holder sew from top to bottom on one curved side. Repeat on other curved side. *Be sure to leave the straight, raw edged ends open.*



2. Trim excess pieces of B to match edges of the A pieces.



3. Make small snips with scissors 1/4" (1/2 cm) apart around curved edges so that the pad holder will press smooth and flat when turned. *Be careful to not cut stitches.*



4. Turn inside out so that water proof piece is inside the pad holder. Make sure both pocket pieces are turned to the same side.



5. Smooth out the curved part of seams using a strong, smooth, rounded stick or other similar object.



6. Iron flat.



7. Sew across the two raw edges of the holder, stitching through all layers.



8. Trim each of the four corners at an angle.  
*Be careful to not cut stitches.*



9. Turn piece B over the end to enclose the raw edges to form a pocket. Iron flat.



10. Starting at the top of the pad holder, top-stitch around the entire pad as close to the edge as possible, 1/8".



## Part IV - Attach the Velcro

1. Position 1 velcro piece with smooth side down on top of a rounded edge.



2. Position the 2nd piece of velcro, smooth side down, on the bottom side of the opposite rounded edge. Stitch edges of the velcro.



## Part V - Sew Pad Insert Pieces C & D

1. Lay piece D on table wrong side up, and place piece C in center of piece D.



2. Zig zag down long edges of piece C to secure in place.



3. Serge or zig zag all the way around outside edge of piece D.



# Part VI - Fold and Insert Flannel Pad Inside Pad Holder

1. With Piece D facing up, fold the flannel pad in thirds.



2. Insert flannel pad into the pockets of the pad holder.



3. Fold rounded edges back to secure velcro. NOTE: When using the pad the velcro flaps wrap around the crotch area of the underwear.



## Pad Use and Laundering of Pads

Position opened pad over the crotch of the knickers. Fold flaps around the crotch and attach the velcro underneath the crotch piece. Layer with 2 or more pads if you have a heavier flow. Change pad as frequently as necessary. Usually 1-4 times a day. Put used pads in the smaller Ziploc bag.

Pre-soak the pads in this bag for 20-30 minutes before washing. Wash the pads in the larger bag by adding water and soap. Agitate gently to help preserve the bag. Rinse with clean water 2 to 3 times.

Dry the pads in the sun if possible as this helps to sanitize them. Rinse the bags and dry them in the sun if possible. Thoroughly wash and dry pads before reusing! Dry completely before putting away for next use. Store clean pads in a dry place.

## Contents of Start Up Sewing Kits

- Sewing instructions
- Pattern pieces
- Pad sample
- 100% cotton fabric
- Velcro
- Ripstop waterproof fabric
- Thread
- Straight pins
- Needles
- Scissors
- Tape measure
- Pin cushion
- Eye glasses

Note: 1 bolt (7 yards) flannel makes 104 piece D  
1 bolt ripstop makes 140 of pattern piece A

A

cut 2 from 100%  
cotton

cut 1 from ripstop or  
other waterproof fabric

Punch holes  
for pins  
(optional)





B

cut 2 from 100%  
cotton

Punch holes →  
for pins →  
(optional)

C

cut 1 flannel

Punch holes → •  
for pins  
(optional) → •

D  
cut 1 flannel

Punch holes  
for pins  
(optional)



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