



TAKE CONTROL. LIVE FULLY.



The
Heavy Flow
Emergency Toolkit



QUICK SURVIVAL GUIDE
FOR DIFFICULT DAYS



MANAGE
HEAVY DAYS



PROTECT YOUR
ENERGY



STAY PREPARED
AND CONFIDENT



PRACTICAL. SUPPORTIVE. ALWAYS WITH YOU.



The Heavy Flow Emergency Toolkit™

Quick Survival Guide for Difficult Days

Heavy-flow days have a way of catching you off guard.

One minute, everything seems fine. The next, you're checking your clothes, looking for the nearest bathroom, or worrying about whether you've leaked through your pad.

If you've ever cancelled plans, carried a jacket just to tie it around your waist, or spent the day feeling anxious because of your period, you're not alone.

I've been there too.

The good news is that heavy days don't have to feel like a crisis every month. While this toolkit won't treat the underlying cause of heavy bleeding, it will help you stay prepared, protect your confidence, and make difficult days a little easier to manage.

Think of it as your emergency plan—something you can turn to whenever your period decides to make life more challenging than usual.

Let's get started.

Chapter 1

Build Your Emergency Period Kit

One of the biggest mistakes many women make is waiting until their period starts before getting ready.

Preparation removes panic.

The more prepared you are, the calmer you'll feel when your period arrives.

You don't need expensive products or a fancy organiser. A small pouch that fits inside your handbag is enough.

Your Emergency Kit Should Include

- ✓ Extra sanitary pads or tampons
- ✓ A spare pair of underwear
- ✓ Unscented wet wipes
- ✓ Hand sanitiser
- ✓ A small plastic or reusable waterproof bag
- ✓ Pain relief medication (if recommended by your healthcare provider)
- ✓ A bottle of water
- ✓ A light snack such as nuts or crackers
- ✓ A small towel or tissue pack

Keeping these items together means you're always ready, whether you're at work, school, travelling, or visiting friends.

Keep More Than One Kit

If possible, keep:

- One in your handbag
- One at home
- One at work or school
- One in your car (if you drive)

That way, you're never caught unprepared.

Chapter 2

How to Reduce the Risk of Leaks

Leaks can happen, even when you're careful.

But a few simple habits can reduce the chances.

Wear the Right Protection

On heavier days, choose menstrual products designed for heavy flow and change them according to the manufacturer's instructions.

If one type of product isn't working well for you, talk to your healthcare provider or explore other suitable options.

Dress Smart

Dark colours can help you feel more confident on heavy-flow days.

Loose, comfortable clothing may also make you feel more at ease.

Remember, comfort is more important than fashion during difficult days.

Don't Wait Too Long

If you already know your flow becomes heavier during certain hours of the day, don't wait until your protection is completely full before changing it.

Planning ahead can save you unnecessary stress.

Chapter 3

What to Do If You Leak in Public

First...

Take a deep breath.

It feels embarrassing, but it happens to more women than you think.

Step 1

Stay calm.

Most people are far less likely to notice than you imagine.

Step 2

Go to the nearest restroom as soon as possible.

Step 3

Clean up using the spare underwear, wipes, and fresh menstrual products from your emergency kit.

Step 4

If your clothing is stained, tie a sweater or jacket around your waist until you can change.

Step 5

Be kind to yourself.

One difficult moment doesn't define you.

Chapter 4

Getting Through Heavy Days

Heavy-flow days require a different pace.

Instead of fighting your body, work with it.

Drink Water

Even mild dehydration can leave you feeling worse.

Keep sipping water throughout the day.

Eat Something Nourishing

Skipping meals often makes fatigue feel worse.

Try eating balanced meals that include protein, whole grains, fruits, vegetables, and iron-rich foods.

Rest When You Can

You don't have to earn rest.

If your body needs a break, take one whenever possible.

Listen to Your Energy

Some days you'll feel capable of doing everything.

Other days you'll need to slow down.

Both are okay.

Chapter 5

Know When to Seek Medical Care

While heavy periods can sometimes be managed with good preparation and medical treatment, certain symptoms should never be ignored.

Arrange an appointment with your healthcare provider if:

- Your periods are becoming heavier than usual.
- Heavy bleeding is affecting your work, school, or daily life.
- You often feel dizzy or unusually tired.
- You notice large blood clots regularly.
- Your symptoms are getting worse instead of better.

Seek Urgent Medical Care If You:

- Soak through menstrual protection very quickly for several hours.
- Faint or feel close to fainting.
- Experience severe pelvic pain unlike your usual cramps.
- Think you may be pregnant and develop heavy bleeding.
- Feel extremely weak or have trouble standing safely.

Getting medical care early can make a significant difference.

Heavy Flow Emergency Checklist

Before leaving home, ask yourself:

- ☐ Do I have extra menstrual products?
- ☐ Do I have spare underwear?
- ☐ Did I pack wipes?
- ☐ Do I have a bottle of water?
- ☐ Do I have a snack?
- ☐ Do I know where the nearest restroom is?
- ☐ Have I taken any medication recommended by my healthcare provider?
- ☐ Am I dressed comfortably for today?

A quick check like this takes less than a minute but can save you a lot of stress.

One Final Thought

Heavy-flow days can be frustrating, exhausting, and sometimes overwhelming.

But they don't have to take away your confidence.

Preparation won't stop your period, but it can help you face each day with less fear and more control.

Remember, your period is only one part of your life.

It should never be the part that controls it.

Take care of yourself. Listen to your body. And never hesitate to seek medical advice if something doesn't feel right.