



Your complete guide to caring for your cloth pads.

Preparing your new cloth pads:

Cloth pads only require a one wash cycle, with detergent prior to use. This can be with your nappies or normal laundry; however, please bear in mind that tie-dyed cloth pads colour may run in their first wash. Cloth pads do not require soaking before use as they do not require the same amount of absorbency as a nappy.

Cloth Pad Care Day-to-Day:

Washing cloth pads is very easy; we recommend the five-step approach. However, it is trial and error to discover what washing routine works best for you. All you need to do is keep it simple.

Step 1 ~ Clean it ~ Rinse your pads in water until the water runs clear. You can do this immediately after use or at the end of the day; either by hand or in the washing machine. Some ladies like to do this in the shower. You can use either cold or hot water to rinse them. While it is commonly said that hot water sets blood stains, Clean Cloth Nappies has not experienced this.

Step 2 ~ Pre-treat it ~ You may or may not need to complete these steps, it depends on if you are experiencing stains. Clean Cloth Nappies recommends using Sard or Sunlight bar soaps for stains as these have been proven very effective on cloth nappies.

If you can't remove stains using this method, you could try these alternatives:

- Vanish/Napisan soak for 1-2 hours (max 4 hours). Keep in mind that your pads may contain PUL (waterproofing) so should be soaked for minimal time to ensure the PUL does not degrade.
- For more stubborn stains, a paste of Vanish/Napisan and water will often do the job.

Step 3 ~ Store it ~ As with cloth nappies, place your pads in a dry bucket, dry bin or wet-bag – 'dry pailing'. During hot and humid weather, your pads may get sweaty, we recommend a laundry hamper as a better way to store your pads.

Step 4 ~ Wash it ~ Put your pads through a normal or long wash cycle up to 60°C with detergent - please refer to Clean Cloth Nappies Detergent Index for more information. It is also important to ensure that you have good agitation. You can wash your cloth pads with your main nappy wash or general laundry.

Step 5 ~ Dry it ~ Sunlight is an amazing tool. Not only is it an economical way to dry your cloth pads, but it will eliminate bacteria and bleach any stains out! How good is that?! Try to avoid leaving pads in direct sunlight for long periods as intense heat can make your pads go stiff and perish the PUL. If required, cloth pads can be tumble dried on a low heat.

Second-hand cloth pads:

For second-hand cloth pads, strip and sanitise them as you would for second-hand nappies prior to use. If they are cotton or flannel topped, they will run the risk of fading during this process. Refer to the below link for more information on how to strip and sanitise on a small scale.

<https://cleanclothnappies.com/small-scale-strip-sanitise-au-nz/>

Yeast Infections (Thrush)

It is best to visit your doctor or pharmacist first to confirm you have a yeast infection and get yourself treated.

If you have a yeast infection before or during your period, you'll need to sanitise your cloth pads to kill the *Candida* fungus and prevent reinfection. We recommend using a bleach sanitise for this. Follow the Clean Cloth Nappies sanitise instructions for a complete guide.

Most women switch to disposable pads/tampons for the rest of your cycle, or you'll need to add bleach to your main wash (step 4)

For more washing advice, we recommend having a look at www.cleanclothnappies.com.