A menstruator can wear disposable or reusable period products while bleeding. When accessing period products, it is important to know what your period flow is. A light flow means that period products need to be replaced every 3-5 hours. A heavy flow means that period products need to be replaced every 1-2 hours. The flow can change over the course of one period.

A period is not painful in the way that a bleeding paper cut is. Some menstruators experience a comfortable period. Others may have period cramps that cause lower abdominal pain. Period cramps are due to the uterus contracting so blood can be pushed out of the body. It is important to see a healthcare provider if period-related pain is disruptive and/or debilitating.

A menstruator should discuss their periods with anyone in their life, such as friends or family. If periods are conflicting with school or work performance, then a menstruator should mention this to their teacher/school administrator/employer. For questions about period-related pain, it is best for a menstruator to ask a healthcare provider because they will offer the most factual and useful information.