





# Cloth Pad/Menstrual Cup Cleaning & Care

\*\*\*provided by GladRags

	After use, separate the inserts from the holder. Pantyliners do not have inserts.
	Soak in cold water, if desired, to help prevent staining. Use the presoak function on your washing machine, or soak in a covered rust-proof container. Change soaking water daily.
	Machine wash cold using a natural detergent and tumble dry low or line dry. Do not use bleach or fabric softener. You may hand wash pads if desired.
	Remove pads from dryer promptly and store flat to eliminate wrinkling; use cool iron if desired. Store your pads in a clean, dry place until next use.

Avoid using detergents with fabric softeners or whiteners/brighteners as these can inhibit the absorbency of your cloth pads. Be aware that soaking your cloth pads in water with additives such as hydrogen peroxide can degrade the fabric and lead to holes. For this reason, we recommend utilizing stain removers as spot treatments and do not advise soaking cloth pads in water treated with peroxide-based stain removers.

We do not recommend the use of castile soap, facial soap, or other soaps not intended for textile laundering. Excess detergent may lead to build up, which can limit the absorbency of your cloth pads. While we have many customers that use homemade detergents with great success, cloth pads laundered with homemade detergent are not covered under our warranty. [Full warranty information is available here.](#)

A note about staining: Soaking your GladRags in cold water or pre-treating with an enzymatic cleanser immediately after using are two simple ways to prevent staining. However, light staining does not indicate that your laundered cloth pads are not clean or sanitary!

To clean your GladRags Carry Bag, simply wipe the bag with a damp cloth or machine wash cold, then air dry or tumble dry low.

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## Menstrual Cup Cleaning & Care

Always wash your hands before inserting or removing your menstrual cup. At the beginning of your cycle, and throughout your period when emptying and reinserting your cup, thoroughly wash it with mild soap and water. It's best to have a freshly-washed cup and hands for body-safe menstrual cup usage!

At the end of your cycle, wash and dry your menstrual cup before storing it in the drawstring fabric bag provided. Do not store your cup in a plastic bag or airtight container.

XO Flo has two small holes near the opening of the cup which should be kept clean. Do not use a toothpick or other sharp objects to clean the holes as this may damage the cup. Instead, submerge the cup in water and squeeze the water out through the holes. Your menstrual cup may naturally discolor slightly over time. This does not impair its function. Soaking your menstrual cup for a few minutes in hydrogen peroxide diluted in water may help remove stains.

It is not necessary to boil a menstrual cup to clean it. If you choose to boil your menstrual cup, do not boil for longer than 5 minutes. Be aware that boiling may reduce the lifespan or affect the quality of your menstrual cup.