

Things To Remember When Swimming DURING PERIODS



Swimming during periods with the right menstrual products is not unhygienic.



Wearing pads while swimming can cause them to become heavy and fall out.

It is advisable to change the tampon after swimming as it can absorb water.



Period-friendly swimwear can provide an extra layer of protection against leaks.



The water pressure may momentarily slow the blood flow but does not stop it.

It is essential to stay well-hydrated during swimming sessions while menstruating.



There is no evidence that swimming during periods can attract sharks.

References:

Swimming And Your Period: Gross or Go For It?; Penn Medicine
Can You Swim With Your Period?; Moreland OB-GYN Associates
Can I Swim During My Period?; U.S. Masters Swimming