

# Pilot Study to Assess Feasibility and Acceptability of Menstrual Cup among Female Ready-Made Garment Workers in Bangladesh

Nabila Mahmood<sup>1</sup>, Tanjima Tarannum<sup>1</sup>, Suborna Yeasmin<sup>1</sup>, Jannatul Ferdous<sup>1</sup>, Sadia Tasnim Reza<sup>1</sup>, Aklima Chowdhury<sup>1</sup>, Abdul Baki<sup>2</sup>, Mahbub Elahi Chowdhury<sup>1</sup>

<sup>1</sup>icddr, b

<sup>2</sup>Independent Consultant

## Background

While more women and girls are joining the employed labour force, and of much concern that a larger proportion of this population is joining work at the lower tier of the job-workplace menstrual hygiene management has remained inadequately addressed in research and policy.

Since its inception, the Ready-Made Garment (RMG) sector of Bangladesh has been a leading female-dominated sector by promoting women's and girls' economic empowerment by largely increasing employment

opportunities for the female population. Taking into account the responsibility in improving employee health and wellbeing, the RMG sector offers a tremendous scope to improve working women's & girls' Sexual and Reproductive Health through promoting menstrual health at work.

Considering the nexus in between female RMG workers' job nature and their unmet menstrual hygiene management needs at work, the menstrual cup has the potential to be a better alternative in managing menstruation.



A menstrual cup is soft, 100% medical grade silicon-made bell-shaped device that needs to be inserted inside vagina to collect menstrual flow.

Due to material that is used to construct a menstrual cup, it is very soft, flexible, can be squeezed and worn inside vagina.

To insert the product inside the vagina, various folding methods are used to make the beginning of the cup small so that the cup can easily be inserted inside the vagina.

## The Study

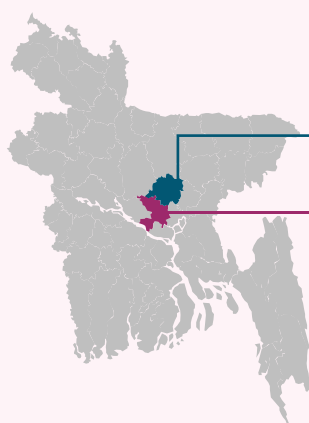
### Objective

Feasibility & acceptability of menstrual cup as a means of menstruation management among female RMG workers

### Method

An implementation research adopting a mixed-methods approach

### Implementation



5 RMG factories under the City Corporation of:

Gazipur

Dhaka

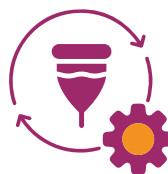
**85** female RMG workers voluntarily participated in the study

Participants were followed up for

**6** menstrual cycles



The study explored feasibility by identifying potential enablers or barriers, facilitating or deteriorating field-level implementation of the study that would influence acceptance of the menstrual cup among participants.



Acceptability was explored through participants' menstruation management experience at work and home using a menstrual cup over six menstrual cycles, and the extent of satisfaction or dissatisfaction attained from such.

## Findings

**Using menstrual cup helped the participants not to buy any menstrual hygiene products and save money. Moreover, considering participants' workplace and residence location, It also helped them:**

- Get rid of the anxiety induced from prior menstrual product disposal-related issues at home, since disposal was more challenging where they resided due to social stigma and the embarrassment attached to it.
- From not bearing the hassle of washing and drying any menstrual product or supported undergarment; which is time-consuming for working women as they have very little time to spend on household chores.
- Get rid of itching, chafing in the private parts as well as from physical discomfort they faced with prior menstrual products due to longer wearing, which is one of the greatest advantages for them at work.
- Walk and move faster, like usual days when they were not on their period, hence improved mobility at work.
- To not face any embarrassing moment at work that they sometimes faced during the time of changing previously used menstrual product while carrying to the washroom at work, if they get noticed.

## Conclusion

The study found greater acceptability of the menstrual cup as a means of menstrual hygiene management among our participants and support conducting a large-scale study.

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**Advancing Sexual and Reproductive Health and Rights (AdSEARCH) by icddr,b**  
68, Shaheed Tajuddin Ahmed Sarani, Mohakhali, Dhaka 1212

**Email:** [adsearch\\_official@icddr.org](mailto:adsearch_official@icddr.org) | **Website:** [adsearch.icddr.org](http://adsearch.icddr.org)

 [icddr-b-adsearch](https://www.linkedin.com/company/icddr-adsearch)

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