A brief history of the tampon

Modern tampons have been safely used as a convenient aid by women across the globe since the patenting in the 1930s, but their early forms were used by women as far back as ancient Egypt.

On average, a woman might use up to 8,000 tampons during the years where she is menstruating.

How are they made?

While each brand of tampon will have small differences, tampons are generally manufactured by the steps below.

1. RAW MATERIALS
Tampons are made from natural or regenerated fibres made from natural cellulose, such as viscose (sometimes called rayon) or cotton, or a blend of these two fibres. Raw materials are tested for skin sensitisation and irritation.

2. WEB FORMATION
The fibres are mixed and blended and formed into a web. Its thickness, weight, and width can vary depending on the size and type of tampon made.

3. FORMATION OF THE TAMapon
A cover made of nonwovens or a perforated film may be added to the web, which is then rolled, or folded. Before or after this step, a string will be added, knotted and secured to the inner part of the tampon, which is then compressed into shape.

4. APPLICATOR
Tampons can be contained in an applicator which is usually made of plastic or coated cardboard.

5. TESTING
Different tests are carried out on samples taken during the manufacturing process, and on the final tampons to ensure the products comply with high quality and safety standards.

6. PACKAGING
Each tampon is immediately wrapped in a thin plastic film to protect it, and is then transferred to a secondary box, bag or tin before being sent to your local supermarket or store for purchase.