

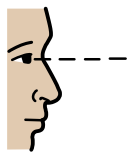
Go to the toilet



Sit on the toilet



Pull down pants



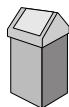
Check the pad



Pull out the pad



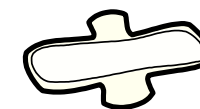
Roll up the dirty pad



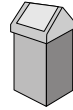
Put the dirty pad in the bin



Wipe vagina with toilet paper



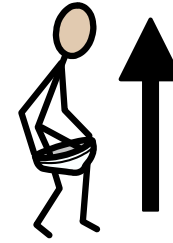
Open new pad



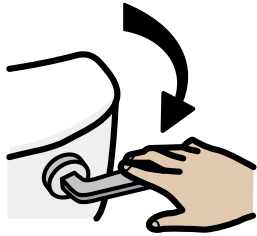
Put the wrapper in the bin



Stick the clean pad in pants



Pull up pants



Flush the toilet



Wash hands