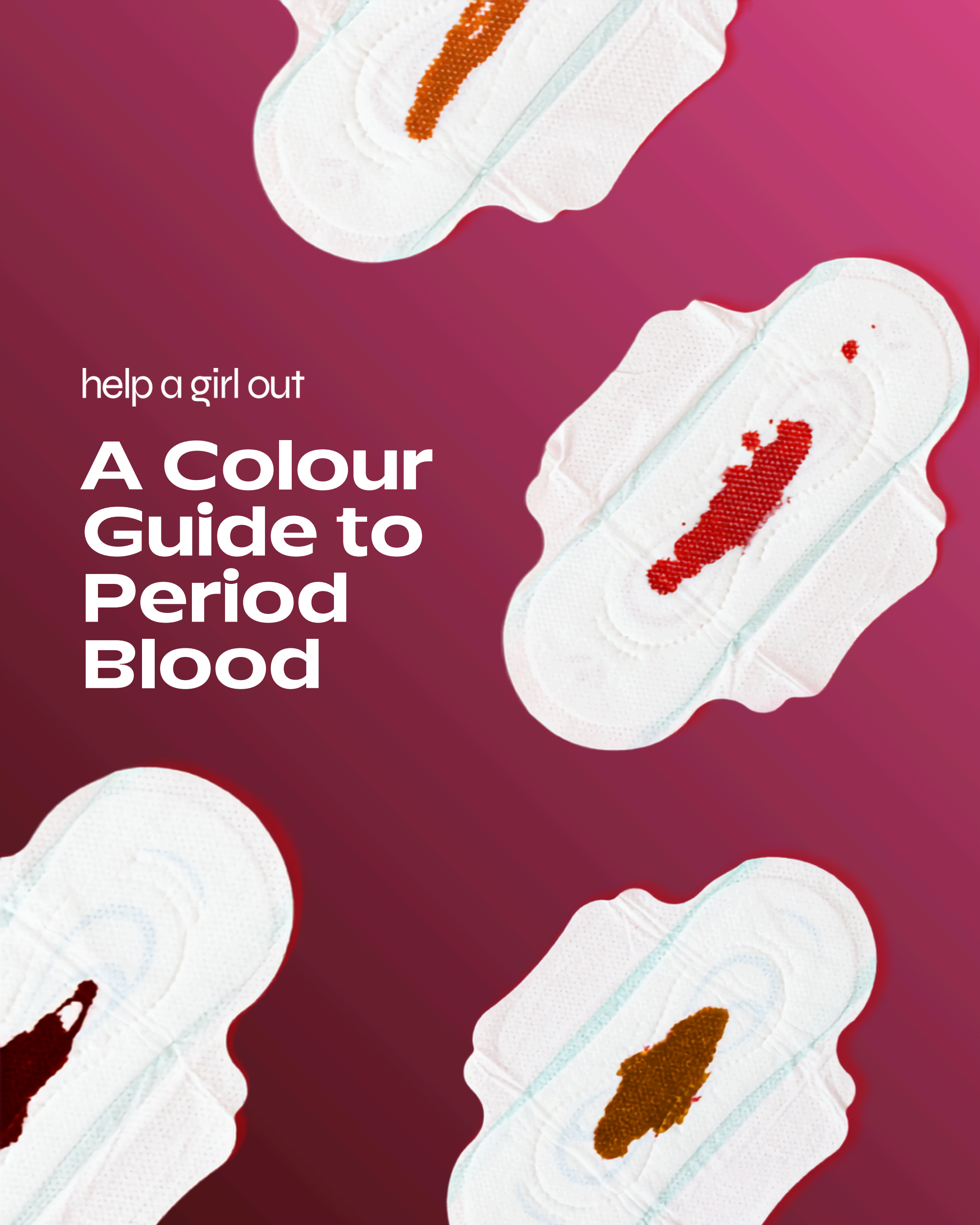
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A Colour Guide to Period Blood



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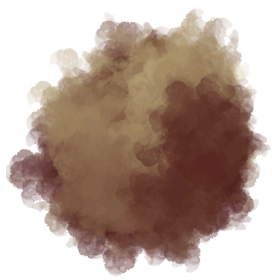


Different period blood colours and what they tell us:



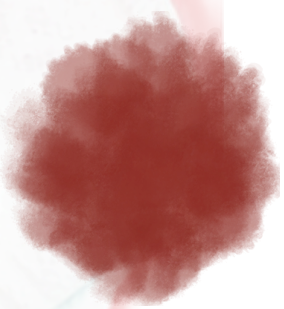
Bright Red

Bright red blood is fresh blood that has recently left the uterus. It is common at the beginning of a period or on heavier-flow days when blood is leaving the body more quickly.



Brown or Very Dark Brown

Brown period blood is usually older blood that has had more time to oxidize—meaning it has been exposed to oxygen. It is especially common near the beginning or end of a period and is generally normal.



Dark Red or Burgundy

Dark red blood may appear after blood has been in the uterus or vagina for a little longer. It is often seen during heavier days, after waking up, or as the flow begins to slow.

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Different period blood colours and what they tell us:



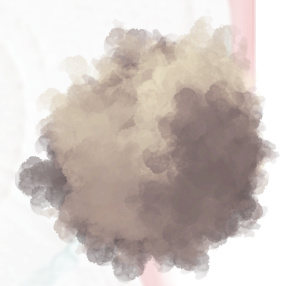
Pink

Pink blood can happen when a small amount of menstrual blood mixes with vaginal or cervical fluid. Occasional pink spotting can happen for several reasons, but persistent or unexplained changes are worth discussing with a healthcare provider.



Orange

Blood can sometimes appear orange when it mixes with cervical fluid. However, orange discharge—particularly when accompanied by an unusual smell, itching, pain, or discomfort—can sometimes be associated with an infection and should be discussed with a healthcare provider.



Grey or Greyish Discharge

Grey discharge is not typically considered a normal colour for menstrual blood. If you notice grey or unusual discharge, especially with a strong odour, pain, fever, itching, or other symptoms, speak with a healthcare provider.



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From bright red to dark brown—and sometimes even pink or orange—the colour of menstrual blood can change throughout a period.

There's no one "normal" period colour. Many shades can be a healthy part of your cycle.

Hormones, stress, sleep, age, medications and other factors can all affect your period.

Most of these changes can tell us a little about what is happening in the body.



UNDERSTANDING YOUR BODY IS THE BEST WAY TO KNOW WHAT'S NORMAL FOR YOU.

