help a girl out®

Is this Normal?

A Guide to Normal vs. Abnormal Menstrual Cycle Symptoms

How long should my cycle be?

- A typical menstrual cycle ranges from **21 to 35 days,** measured from the first day of menstruation to the day before the next bleed.
- It is considered abnormal for consecutive cycles to differ by more than **7 days** from one month to the next (for example, 22 days in one cycle and 31 days in the following cycle).

Am I bleeding too much or for too long?

- A typical menstrual period spans approximately 2 to 7 days, with the most intense flow occurring over 1 to 3 days.
- Experiencing an unusually heavy flow is indicated when you are filling your protection every 1 to 2 hours.

Is my discharge normal?

Discharge is completely normal! And it can look like the following:

- **Normal Colours:** Clear, Milky White, or pink/brown
- **Norma Textures:** watery, Creamy, stretchy (egg-white) consistency
- **Normal Odour:** Mild or none

Cramping is a normal part of menstruating, right?

Of course, some uncomfortable symptoms occur during menstruation, like:

- mood changes
- bloating
- headaches
- cravings
- nausea
- tender breasts
- mild lower abdominal or back cramps

However, severe cramping or extreme mood shifts that disrupt daily routines can be a sign that something is not right!

Tip!

Keep track of your cycles to find any abnormalities in length and consistency of duration



However, speak to a medical professional if your discharge looks like the following:

- **Unusual Colour:** green, yellowish or gray
- **Unusual Texture:** Frothy or clumpy
- **Unusual Odour:** fishy or foul



If you experience any of these abnormal symptoms, it's important to seek the help of a medical professional.