

About Your Period.

Where does the blood come from?

Period blood comes from your uterus. Each month, the uterus will grow a thick lining. This lining is the place where a baby may grow. The lining is made of blood and other fluid. If an egg is not fertilized, the uterus lining will break down and flow out of the vagina and you will have a period.

How much blood will there be each time?

While no two bodies are the same, during a normal period, your body will lose between a few tablespoons to one quarter of a cup each day. Usually your period is heavier at the start than towards the end. More blood may flow on day one than on day four.

How long will I have my period?

You will continue to have your period for many years, until you are about 45-55 years old. If you take hormones to control your bleeding, you may not have a period.

Do you have to push on your stomach to make it stop bleeding (like other bleeding)?

No. The bleeding will stop when your period is finished.

What if I don't want to use pads or tampons?

You are not alone! There are other products you can use such as period underwear, period swimming bottoms, or even the menstrual cup. Try different products to see which you like best and which work best for you.

I am worried I might bleed on my sheets while I sleep. What should I do?

First, if your bleeding is very heavy, talk to your healthcare provider. He or she may recommend medication that can help. If you are still worried, try using multiple layers of pads and sheets on your bed. This way if you bleed on your sheets, you can remove a layer and go back to bed on clean sheets. You can also add a plastic cover over your mattress or plastic liners under your sheets. Also, change your pad before going to bed and again first thing in the morning. If your flow is heavy, you may have to change it more often.



Can I go swimming or exercise when I have my period?

- Yes! When you have your period you can do everything you normally do: run, bike, dance, and even swim.
- Exercise is a good thing to do when you have your period. It can help you feel better. If you go swimming, use a tampon or wear period swimsuit bottoms (trunks).