



# PERIODS



## What is it?

A period is when someone bleeds from their vagina due to the lining of the womb leaving the body.

- A period usually lasts 2 to 7 days, with most lasting around 5 days.
- Most people have a period every 21 to 35 days.
- The body sheds the lining of the womb because a pregnancy has not happened.
- Every person's period is different, and that's completely normal.

## Signs & Symptoms

- Bleeding from the vagina
- Cramps or tummy pain
- Feeling bloated
- Sore or tender breasts
- Mood changes or feeling emotional
- Headaches
- Feeling more tired than usual
- Spots or acne

## Things that may help

- Using a hot water bottle or heat pad
- Going for a gentle walk or doing some light exercise
- Drinking plenty of water
- Eating regular, healthy meals
- Getting enough rest
- Taking pain relief, such as paracetamol or ibuprofen (always follow the instructions)
- Keeping track of your periods in a diary or app can also help you understand your cycle.

## When to seek help

- Your periods are very heavy.
- Your period pain is stopping you from doing everyday activities.
- Your periods suddenly become very irregular.
- You bleed between periods.
- You bleed after sex.
- You bleed after the menopause.
- You've missed three periods in a row and you're not pregnant.
- You're worried about any changes to your periods.
- If you have very heavy bleeding, severe pain, or feel faint or unwell, seek medical advice as soon as possible.

## Where to get support

If you have any concerns about your periods, help is available. You can speak to:

**Your GP** – if you're worried about your symptoms or your periods have changed.

**A pharmacist** – for advice about period pain, period products and pain relief.

**A sexual health or contraception clinic** – for advice about periods, contraception and menstrual health.

### **Her-Place Charitable Trust**

We're here to support your wellbeing. If your periods are affecting your confidence, mental health or everyday life, you don't have to face it alone. We offer wellbeing services and a safe space to talk.

01606 557 666 / [Referrals@her-place.co.uk](mailto:Referrals@her-place.co.uk)

# FAQ's

## **What age do periods start?**

Most people start their periods around 12 years old, but it can happen earlier or later. This is usually normal.

## **How long does a period last?**

Most periods last 2 to 7 days.

## **Is it normal for my periods to change?**

Yes. Your periods may become lighter, heavier, shorter or longer over time. If you're worried about a change, speak to your GP.

## **Can I get pregnant if I'm on my period?**

Yes. Although it's less likely, pregnancy is still possible if you have sex during your period.

## **What colour should period blood be?**

Period blood can be bright red, dark red, brown or pink. The colour often changes throughout your period and is usually nothing to worry about.

## **When do periods stop?**

Periods usually stop during the menopause, which most commonly happens between the ages of 45 and 55.

Remember...

Every person's period is different. Learning what's normal for your body can help you notice when something changes. If you're ever worried, it's always okay to ask for help.