SEE ABILITY

# What is a period?

Easy read guide



A period is when blood comes out of your vagina.



This is a normal part of growing up.



It does not mean you are hurt.



Most people have their first period around age 12.

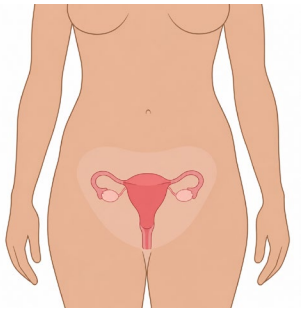
It can start earlier or later.




Periods usually happen about once a month.




They usually last between 2 and 7 days.



The blood comes from your womb, inside your body.



A womb is where a baby grows during pregnancy.



A period is also called menstruation.

# How you might feel



Before or during your period, you might:



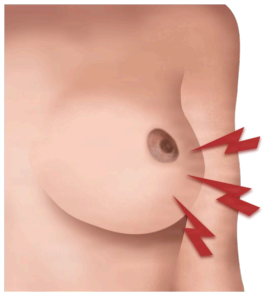
- Feel sad, worried or angry



- Feel more tired than usual



- Have pain in your lower stomach or back



- Have sore breasts



- Have spotty skin



- Have headaches



- Feel bloated, which means your stomach feels full or swollen



Everyone feels different.

# What to use when you have a period




**Pads** go inside your underwear to soak up the blood.



**Period underwear** soaks up the blood.



You wash it and use it again.



**Period cups** go inside your vagina to collect the blood.



You empty the cup, clean it and use it again.




**Tampons** go inside your vagina to soak up the blood.



Choose what feels comfortable for you.




Follow the instructions about when to wash or change them.



Put used pads and tampons in a bin, not the toilet.

# What can help?



A warm bath or a hot water bottle wrapped in a towel may help with pain.



Rest when you need to.



Light exercise, like walking, may help with period pain.



Ask a pharmacist about medicine for period pain.

# When to speak to your doctor



Speak to your doctor if:

- You have a lot of pain



- You need to change a full pad or tampon every 1 to 2 hours




- You bleed for more than 7 days



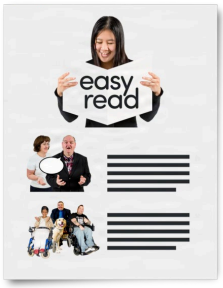

- You bleed between periods



- Your periods stop unexpectedly



Some contraceptives or the menopause can make your period stop.




We have a guide on the menopause.




Your doctor can give you advice.

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