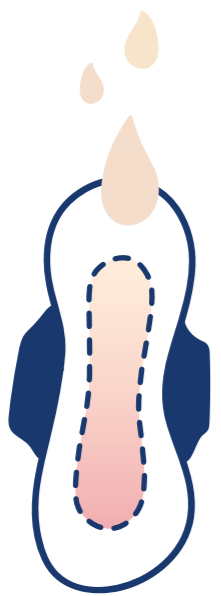


A GUIDE TO

# Blood colours and textures

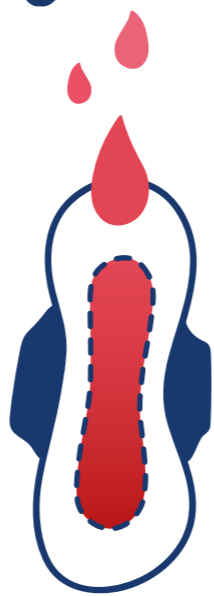
## Normal blood colours

yellow/pink



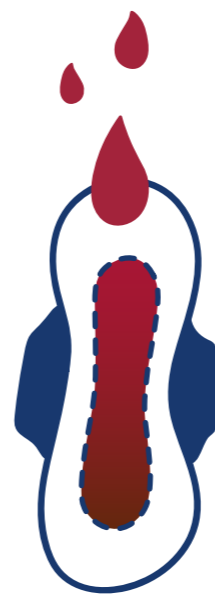
Period blood and cervical fluid from the beginning or end of your cycle

Bright red



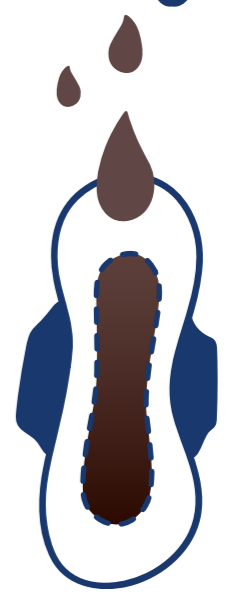
Fresh period blood

Dark red/brown



Old blood from the beginning or end of your cycle

Black/grey



Old blood from the beginning or end of your cycle

**Top tip!** If you have any blood colours that don't look like your normal, then you should ask for support

## Flow & texture

Light & watery

Heavy & clotty



Light flow  
Watery Texture



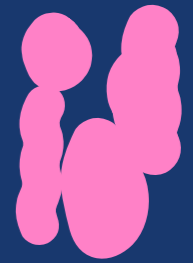
Steady flow  
No clots



Medium flow  
Jelly-like



Heavy flow  
Some clots



Very heavy flow  
Lots of clots

**Top tip!** It's important to buy the right products that fit with you and your flow!

