

I am spotting

What should I do?

Spotting is when you bleed like you do during your period, but you don't bleed as much (you just see a few spots on your panties). Spotting happens when you are not on your period, and it might be a lighter colour than your period.

There are a few different reasons you could be spotting:

Ovulation: This is when your body releases an egg, which happens every month between periods. Some women and girls get spotting when they ovulate.

Pregnancy: Many girls and women get spotting in the first few days or weeks of pregnancy.

STIs: Many different kinds of infections could make you spot.

Contraceptives: Starting a new contraceptive pill can cause bleeding.

Polycystic ovarian syndrome: This is a condition that affects your ovaries and hormones, and it can lead to spotting.




Getting hurt: If anyone or anything has hurt your vagina, or if you have had sex without enough lubrication, this can make you bleed.

If you notice you are spotting, it's a good idea to visit your doctor or nurse to get a check-up and find out why it is happening. Your treatment will depend on the reason for the spotting.

If you are pregnant and you start spotting, go see a nurse or doctor **right away**.

For more about your period, read our article on: www.bwisehealth.com/article/menstruation-facts-what-is-your-period

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