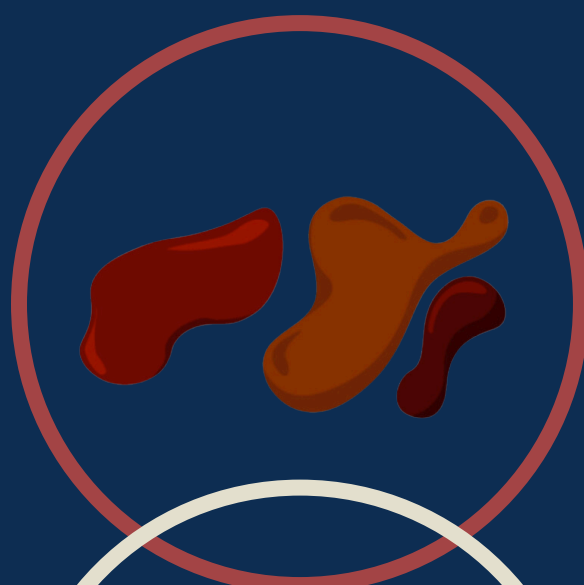


DECODING YOUR DISCHARGE



RED TO BROWN

Red or brown discharge is common during menstruation but can be a cause for concern if experienced between periods and should signal you to talk to your doctor.



CREAM TO WHITE

A variety of white shades of discharge are common. Unless your discharge is accompanied by an offensive smell, or a different type of texture, try not to worry!



YELLOW TO GREEN

Yellow or green discharge can be linked to infection. You should see your doctor if you notice these types of color changes.



BLUSH TO PINK

Light pink bleeding is common before starting your period. If you notice pink discharge during other points in your cycle however, it can be an indicator of a more serious health issue. Some people experience light bleeding after penetration which can result in pink discharge.



CLEAR

Clear discharge (which can also appear whitish in color) is a healthy sign. You may notice more clear discharge around the time of ovulation, when your estrogen levels are higher.



GREY

If your discharge starts to look grey (like rain clouds or exhaust fumes) it's time to talk to your doctor. Grey discharge is a common symptom of Bacterial Vaginosis (BV). You will usually require medication to clear the overgrowth of bacteria if you have BV.

