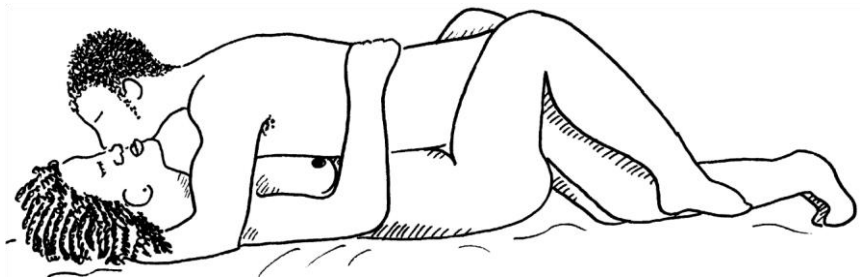




Having a period



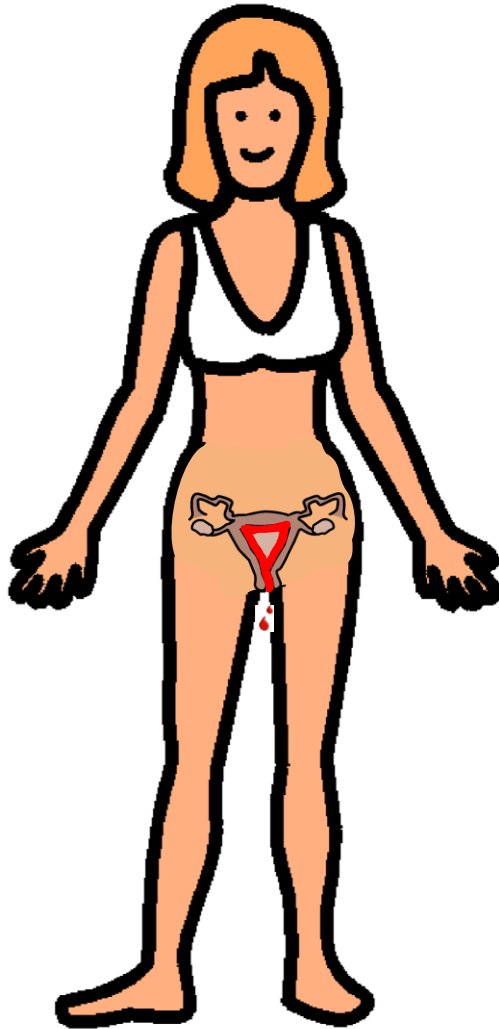
Most women aged from about 12-55 have periods.



If you have periods you could get pregnant
if you have sex with a man.

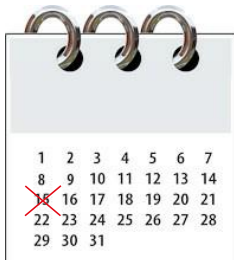


Having a period shows that you are not pregnant. / expecting a baby?

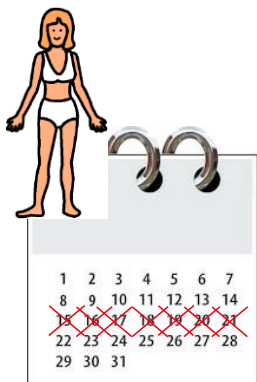


When you have a period the blood comes from the womb.

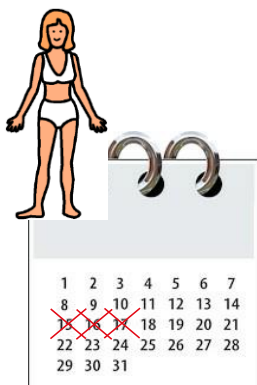
This is where a baby would grow if you were pregnant.



Periods happen once a month. You can mark the date your period is due on a calendar to help you plan for it.

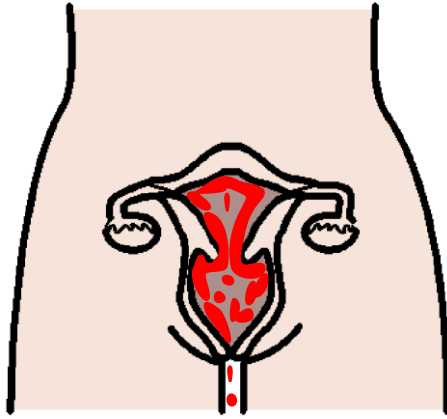


Some women have periods that are heavy and last a whole week.



Other women have lighter periods that last for 2 or 3 days.



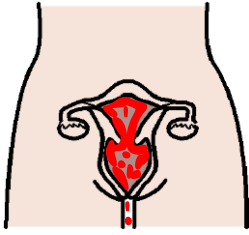


The lining of your womb comes out of your vagina.

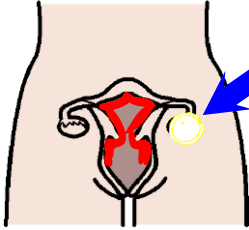


This can make your tummy ache.

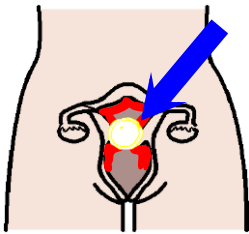
Changes in the body happen each week.



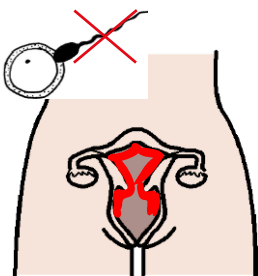
Week 1 The lining of your womb comes out of your vagina, this is your period.



Week 2 An egg grows in your ovary the womb gets ready to grow a baby.

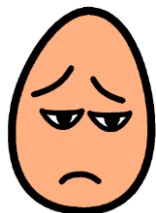


Week 3 An egg comes out of an ovary and into the womb.



Week 4 If there is no sperm from a man (if you have not had sex) the egg will not grow into a baby it will come out of the body. It is too small to see.

Around the time of their period some women feel:



feel down



tired



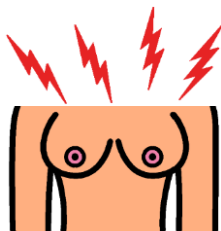
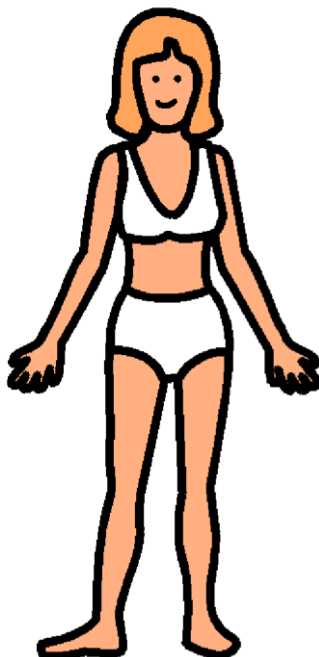
headache



spotty



bloated



sore boobs



angry



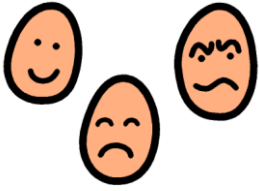
tummyache



upset



backache



Your body and how you feel changes during the month.

Lots of women feel very low around the time of their periods.



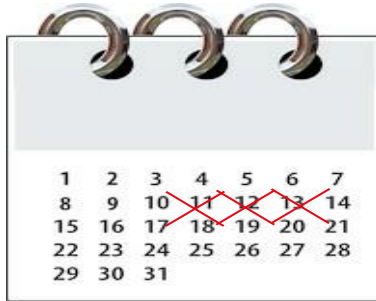
They may feel upset.



They may feel fed up.



They may cry.



Try to remember that you will only feel like this for a few days.



Talk to staff if you feel like this. They may be able to help you to feel better.

Keeping clean



Wash your hands before and after changing your pad.



Have a bath or shower each day.



Change your knickers if they get blood on them.



Make sure you have enough pads to last your period.



Remember to put a spare pad in your bag if you are going out.

You will need to wear a pad to stop blood going on your clothes.



You should change your pad each time you go to the toilet (or 2-4 hours?)



Take off the old pad, fold it over and wrap it in toilet paper? **put it in a special bag?**



Put the pad in the bin. Do Not put your pad in the toilet as this can block the toilet.

To put on a new pad:



Open the plastic wrapper and unfold the pad.



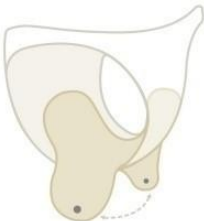
Take off the sticky strip.



Put the strip and plastic wrapper in the bin.



Stick the sticky bit of the pad to the middle of your pants.



Fold the wings over the edges of your pants.

Some things may help you to feel better
during your period:



eat healthy food



drink plenty of water



exercise



fresh air



hot water bottle



Talk to staff about using medication to
stop pain.





As women get older
their bodies change.



Women have lots of
periods.

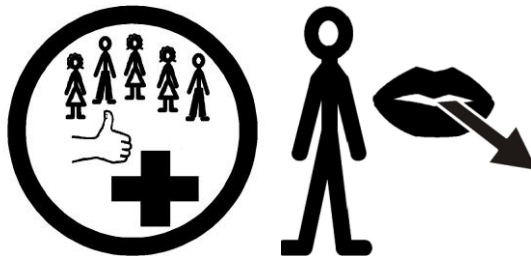


Then periods stop.
This is called the
menopause.



Somerset

NHS Foundation Trust



Produced by the Better Health Team