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Care. Confidence. Change.

UNDERSTANDING MENSTRUATION:

YOUR GUIDE TO A HEALTHY PERIOD



Learn. Understand. Take Control

UNDERSTANDING MENSTRUATION:
YOUR GUIDE TO A HEALTHY PERIOD

Published by Population Services International (PSI) Nigeria

First Published 2025

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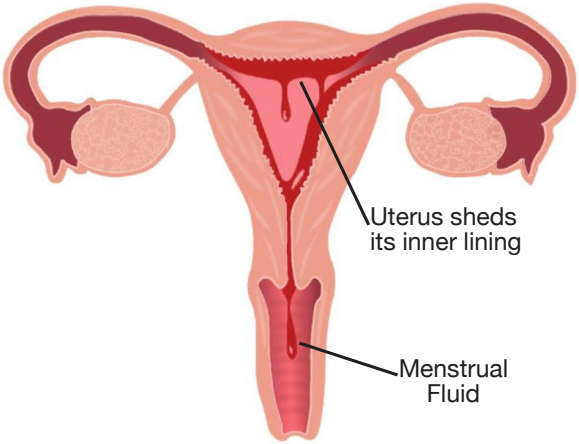
What is Menstruation

Menstruation, or period, is a natural process where the body sheds the lining of the uterus. (womb). It is a monthly flow that typically lasts 2-7 days.



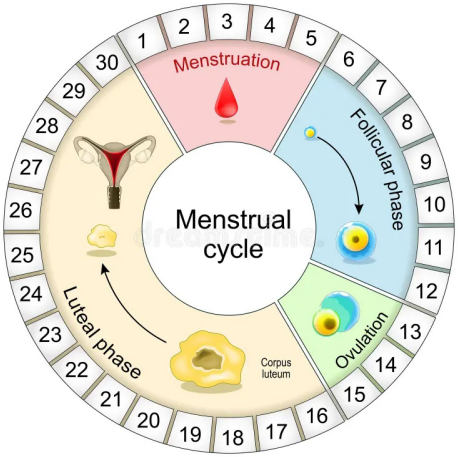
How Does Menstruation Occur?

Each month, the uterus prepares for a baby by forming a lining. If no baby develops, the body releases this lining as blood through the vagina.



Menstrual Cycle

Menstrual Phase (Day 1-5): Period starts.
Follicular Phase (Day 6-14): Body prepares an egg.
Ovulation (Day 13-14): Egg is released.
Luteal Phase (Day 15-28): Hormones prepare for the next cycle.



Tracking your cycle helps you plan and stay prepared!

Common Symptoms

What to expect



Cramps in the lower belly



Mood changes or irritability.



Breast tenderness.



Tiredness or headaches.

- **Other symptoms include vomiting, diarrhea etc.**
- **Experiencing any of these symptoms is normal.**
- **Symptoms experienced differ in every girl, some girls might not experience any symptom while others have mild symptoms.**
- **If symptoms feel severe, talk to a trusted adult or health worker.**

Managing Discomfort

Cramps and discomfort are common.
Here's how to feel better:



Step 1:

Use a hot water bottle below the belly (on the waistlines)

Step 2:

Stay active with light exercises like walking





Step 3:

Eat iron-rich foods and drink lots of water



Step 4:

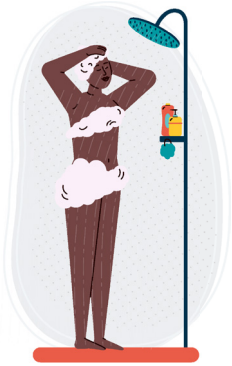
Take breaks and rest when needed

Menstrual Hygiene

Always wash your hands and take a shower before and after changing menstrual products.

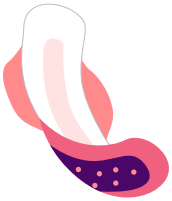








Avoid Scented products



Change sanitary pads every 4 hours.



Stay Hydrated.



Choose comfortable fabrics

Periods are natural.

The more you know your period, the more confident you are about it.



Ask questions. Stay informed.
Support each other.

What the color of my Blood Says

RED: Indicates fresh blood. Commonly seen at the beginning of a period when the flow is heavy and healthy.



DEEP RED: Usually comes at the end.



BROWN: It can be a sign of pregnancy, if this occurs when you are not experiencing your period. Check in with your healthcare provider.



BLACK: This may be normal during the end of your menstruation. However, if there are other signs such as itching or burning, check in with your healthcare provider.

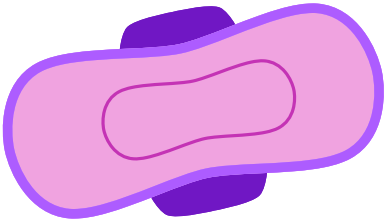


Choosing the Right Products

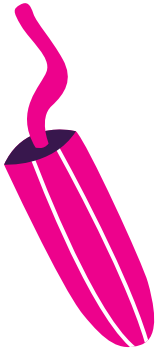
Choose period product that works for you



Disposable Products



Menstrual Pads
Easy to use;
Change every 4-6 hours



Tampons
Good for active days; insert carefully
Change every 4-8 hours

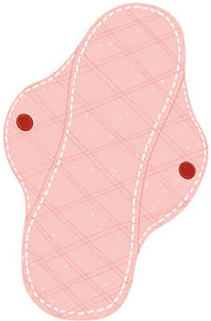
Reusable Products



Menstrual Cup
Reusable and eco-friendly



Period Panties
Reusable and eco-friendly

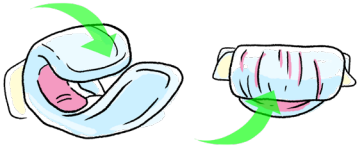


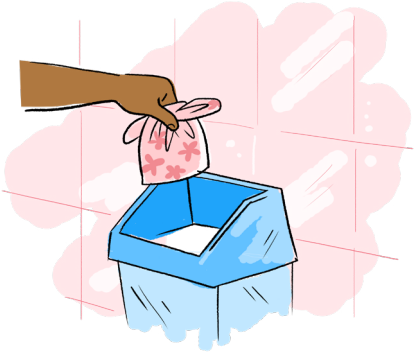
Reusable Pads
Reusable and eco-friendly

Proper Disposal of Used Menstrual Products

DO'S

1. Wrap pads, tampons, or other disposable products in paper or biodegradable bags before discarding.





2. Always dispose of used menstrual products in bins labeled for sanitary products or general waste.

DON'TS

1. Never flush pads, tampons, or menstrual cups down the toilet—they can block drains and harm the environment.





2. Burning pads and tampons releases toxic fumes harmful to health and the environment.



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