

What is that
in my pants?



Can you see something in your pants?

You may see something white and sticky. This is called discharge or mucus.

It is okay to have some discharge. It may be clear, white or pale yellow. It may smell a bit.



Discharge can change before and after your period.

Between your periods you may have a lot of discharge like egg white.

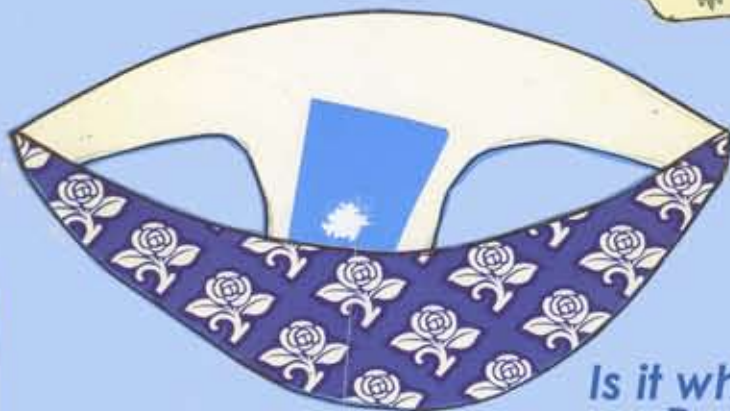
Just before your period you could have less discharge. This may be sticky or chalky.

All of these are okay.

Some discharge is healthy

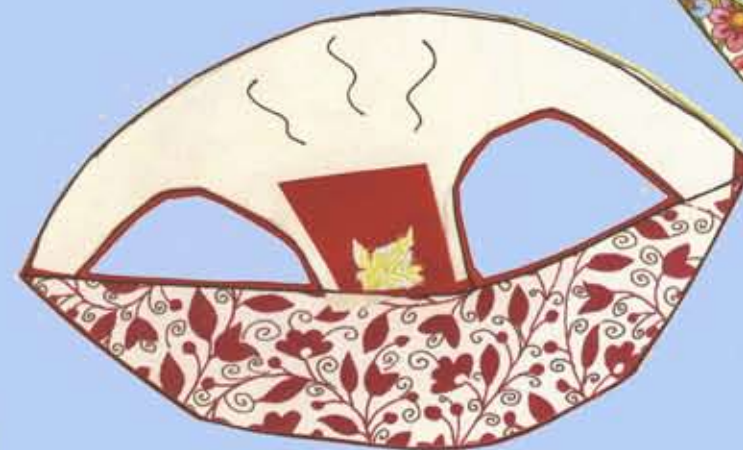


Is it stretchy, like egg white?
This is okay.



Is it white or pale yellow?
Does it smell a bit?
This could be okay for you.

Some discharge could mean you have a problem



Is it grey, white or yellow?
Does it smell fishy?
Tell your doctor



Is it white and lumpy?
Is it itchy?
Tell your doctor

Do I need to talk to my doctor?

If you have any of these things around your private parts you should go to see your doctor

pain
itching
soreness
burning
a strong smell
bleeding between periods

My doctor said I should not use soap or shower gel or sprays inside my vagina.

And I should never use disinfectant to clean my private parts.

It is important to wash your private parts every day, especially when you have your period. This can stop you feeling sore and itchy.

