

# VAGINAL DISCHARGE

## WHAT THE DIFFERENT TYPES MEAN



### WHITE

Thick, white discharge is common at the beginning and end of your cycle. There should not be any type of itching. If there is, this could mean that you have a yeast infection and you should contact your provider.

### CLEAR

If it is stretchy, this is known as fertile mucus and you are ovulating.

If it is watery, this occurs normally at different times in the cycle. This type of discharge might be especially heavy after exercising.

### BROWN

You may experience brown discharge right after you end your period. This is just your body cleaning itself out. The brown color comes from the old blood mixing with your normal discharge.

### YELLOW OR GREEN

Yellow and green discharge may mean that there is an infection. It may also have an irregular odor or a cottage cheese texture, like thick and clumpy.

### SPOTTING

Spotting is the presence of a small amount of light pink, red, or brown discharge. This can occur when ovulating or may be an early sign of pregnancy. If you have spotting at the time when you are supposed to have your period, you may want to take a pregnancy test.

### WHEN TO BE CONCERNED

See your provider if you have discharge that is yellow, green, clumpy, or has a foul odor. If you are having itching or burning sensations, discomfort, a rash, or any sores associated with abnormal discharge, see your doctor.

