

Teen Health Clinic

Menstrual Chart



Children's
Wisconsin

Kids deserve the best.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
JAN																																	
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DEC																																	

Type of flow

Bleeding

Spotting

Have this chart with you when you call or visit your health care provider

What is a normal period?

- You should have a period every 21 to 45 days
- It should last 7 or fewer days
- You should need to use less than 7 saturated regular pads/tampons per day

Contact our office if you experience any of the following period symptoms:

- A period more often than every 21 days
- Not having a period at least every 90 days
- If your periods last longer than 7 days
- If you need to change your pad/tampon hourly or you bleed through more than 7 pads/tampons in a 24-hour period
- If you have heavy or prolonged bleeding and have dizziness with standing or new shortness of breath with exercise/climbing stairs

This information is provided to you as a courtesy of the Children's Wisconsin Teen Health Clinic.

To make an appointment at the Teen Health Clinic, please call (262) 814-7080 or visit childrenswi.org/teenhealth.

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