Color of menstrual blood Significance

Healthy Mensurtual Blood is bright red to dark brown .

During menstruation, the body sheds tissue and blood from the uterus through the vagina. This bloody discharge can vary from bright red to dark brown or black, depending on how old it is.

Blood can change in color and texture from month to month or even during a single period.

Hormonal changes, as well as a person’s diet, lifestyle, age, and environment, can all cause variations in period blood.

Period blood can vary from bright red to dark brown according to changes in flow. Infections, pregnancy, and, in rare cases, cervical cancer can cause unusual blood color or irregular bleeding.

Blood that stays in the uterus long enough will react with oxygen (oxidize). Blood that has had time to oxidize appears darker.

Hormonal changes and health conditions can also affect the color and texture of period blood.

Here are often no symptoms in early stages of cervical cancer. The most common symptom, if any, is abnormal vaginal bleeding,

Black blood can appear at the beginning or end of a person’s period. The color is typically a sign of old blood or blood that has taken longer to leave the uterus and has had time to oxidize, first turning brown or dark red and then eventually becoming black.

Black blood can sometimes also indicate a blockage inside a person’s vagina. Other symptoms of a vaginal blockage can include:

* foul-smelling discharge
* [fever](https://www.medicalnewstoday.com/articles/168266.php)
* difficulty urinating
* itching or swelling in or around the vagina.

**Brown or dark red.**

black blood, brown or dark red is a sign of old blood and may appear at the beginning or end of a period. Brown or dark red blood has not had as long to oxidize as black blood and can appear in a variety of shades.

**Pink**

Pink blood or spotting can occur when period blood mixes with cervical fluid.

Using hormonal [birth control](https://www.medicalnewstoday.com/articles/162762.php) can lower [estrogen](https://www.medicalnewstoday.com/articles/277177.php" \o "Everything you need to know about estrogen) levels in the body, which can lead to a lighter flow with a pinkish hue during periods.

Other causes of pink period blood can include:

* significant weight loss
* unhealthful diet
* [anaemia](https://www.medicalnewstoday.com/articles/158800.php)

**Orange**

Orange blood or discharge may indicate an infection, such as [bacterial vaginosis](https://www.medicalnewstoday.com/articles/184622.php) or [trichomoniasis](https://www.medicalnewstoday.com/articles/307896). People with orange blood should check for other telltale symptoms, such as vaginal itching, discomfort, and foul-smelling discharge.

Although orange period blood or discharge does not always indicate an infection, it is a good idea for a person to see a doctor or [gynecologist](https://www.medicalnewstoday.com/articles/288354.php) for an evaluation.

Gray discharge is usually a sign of [bacterial vaginosis](https://www.medicalnewstoday.com/articles/184622), a condition that occurs due to an imbalance between beneficial and harmful bacteria in the vagina.

Other symptoms of bacterial vaginosis include:

* itching in and around the vagina
* the foul-smelling vaginal odor that people often describe as “fishy”
* burning or painful urination

People with symptoms of bacterial vaginosis should see a doctor or gynecologist. Doctors usually prescribe [antibiotics](https://www.medicalnewstoday.com/articles/10278.php) to treat bacterial vaginosis.

**Clots in period blood.**

Healthy period blood can contain visible pieces of the uterine lining. These small pieces of tissue, or clots, in the blood are not a cause for concern.

Very heavy bleeding or large clots can be a sign of [menorrhagia](https://www.medicalnewstoday.com/articles/295202). According to the [Centers for Disease Control and Prevention (CDC)Trusted Source](https://www.cdc.gov/ncbddd/blooddisorders/women/menorrhagia.html), menorrhagia is a person having unusually heavy menstrual bleeding or periods that last for more than seven days.

The CDC recommends seeing a doctor if a person has one of the following:

* bleeding that requires a person to change a tampon or pad after less than 2 hours
* blood with clots that are the size of a quarter or bigger

The CDC also lists the following as causes of menorrhagia:

* growths on the uterus, such as uterine fibroids or polyps
* hormonal imbalances
* [pelvic inflammatory disease](https://www.medicalnewstoday.com/articles/177923.php)

Some causes of dark clots include fibroids, pelvic inflammatory disease, or hormonal imbalances.