



Spotting

- Spotting is tiny bleeding from your vagina when it is not your period.
- Most girls and women will experience some spotting at some time. Some will have it regularly whilst others rarely.
- Spotting can happen for lots of reasons. It is usually nothing to worry about but it can be useful to talk to a parent or other trusted adult about it. It can also be useful to make a note of the date when spotting happens.
- If you get a lot of spotting then it is often worth talking to your doctor. They can make sure that you are OK.
- Girls and women who have a lot of spotting sometimes wear a panty liner to protect their underwear.
- Spotting happens for lots of reasons and is generally OK. If it happens more than once or twice it is useful to get advice from your doctor.

