

c. Starting Your Period again

MODULE 8

After childbirth, you will continue to have vaginal discharge for several weeks. This is called [lochia](#) .

[Lochia](#) is the vaginal discharge that resembles a period. [Lochia](#) can last several weeks after childbirth. In the beginning, [lochia](#) is bright red, then it is pinkish or brownish, and finally it becomes clear.

If you breastfeed, you may not have a regular period for months or until you stop breastfeeding. If you are formula feeding, your period will probably return between 4 and 9 weeks after you have your baby. Your first period after delivery may be heavier and last longer than your period normally does.



Once your period returns, it may be irregular for a while. This is normal. You should know that you can get pregnant before your period returns. If you do not want to get pregnant, you should use some type of birth control.