

Blood Colors & Brief Meanings



Bright Red

Fresh uterine bleeding, typical for a mid-period flow, or active bleeding.



Dark Red / Maroon

Slower or heavier flow, which may appear with clots.



Brown / Rust

Old oxidized blood. Common at the start or the end of a period, or after light spotting.



Pink

Small amount of blood usually mixed with cervical fluid, light spotting, ovulation, after sex, or early pregnancy.



Orange

Blood mixed with discharge and can indicate infection, so get checked if odor/itch/pain.



Black

Very old retained blood (e.g., at period end or postpartum), so seek care if persistent or with pain/odor.



Purple, Large Clots

Very heavy flow. Possible fibroids or adenomyosis, so see a clinician if frequent.