



NEWWellness

YOUR FUNCTIONAL WELLNESS GUIDE

Understanding Discharge

A simple visual guide to what's normal —
and when it's worth checking in

“Your body is always communicating — discharge is one of its languages.”

Discharge is normal, healthy, and changes throughout your cycle — it's how the vagina cleans and protects itself. Knowing what's typical for you makes it easy to notice when something shifts. This guide walks through nine common types: what each usually means, and when it's worth a conversation with your clinician.

THE VISUAL GUIDE

The Nine Types at a Glance

<p>1</p>  <p>Egg White <i>Clear & stretchy</i></p> <p>NORMAL</p> <p>Healthy and normal — most common around ovulation, when you're most fertile.</p>	<p>2</p>  <p>White & Creamy <i>Smooth & milky</i></p> <p>NORMAL</p> <p>Normal everyday discharge that cleans and moisturizes. Amount shifts across your cycle.</p>	<p>3</p>  <p>Yellowish <i>Pale yellow</i></p> <p>CHECK IF SYMPTOMS</p> <p>Can be normal — but with odor, itching, or irritation, check in with your clinician.</p>
<p>4</p>  <p>Greenish <i>Green tint</i></p> <p>SEE CLINICIAN</p> <p>Not typical. Can point to an infection like BV or an STI. Worth getting checked.</p>	<p>5</p>  <p>Frothy <i>Bubbly texture</i></p> <p>SEE CLINICIAN</p> <p>A frothy texture can signal trichomoniasis, a treatable infection. Get it checked.</p>	<p>6</p>  <p>Brownish <i>Old blood</i></p> <p>USUALLY OK</p> <p>Usually just older blood near your period. If it lingers or comes off-cycle, check in.</p>
<p>7</p>  <p>Pinkish / Red <i>Tinged with blood</i></p> <p>CHECK IF NOT PERIOD</p> <p>Often light spotting. If it isn't your period or keeps returning, have it looked at.</p>	<p>8</p>  <p>Cottage-Cheese <i>Thick & clumpy</i></p> <p>SEE CLINICIAN</p> <p>Classic sign of a yeast infection, especially with itching and redness. Easily treated.</p>	<p>9</p>  <p>Watery & Clear <i>Thin & light</i></p> <p>USUALLY OK</p> <p>Often normal — hormones or arousal. If very heavy or with odor, check in.</p>

PUTTING IT TOGETHER

What's Normal, and When to Check In

USUALLY NORMAL

Clear, white, or creamy discharge with a mild (not unpleasant) smell. The amount and texture changing across your cycle — stretchier and clear around ovulation, thicker at other times. Having some discharge most days. A little brown spotting right around your period.

WORTH CHECKING IN

A new fishy, foul, or strong odor. Itching, burning, redness, or irritation. Green or grey discharge, or a frothy texture. Thick, clumpy, cottage-cheese discharge. Bleeding or pink/red discharge that isn't your period — or that keeps returning. Any discharge with pelvic pain or fever. When in doubt, a quick visit and a simple swab sort it out.

SUPPORTING HEALTHY FLORA

The vagina is self-cleaning — skip douching and harsh or scented soaps, which disrupt the protective lactobacillus balance. Choose breathable cotton underwear, change out of damp layers, and wipe front to back. Steady blood sugar and a fiber-rich, fermented-food diet support a healthy microbiome from the inside. These habits help your own flora keep things in balance.

This guide is general education, not a diagnosis. Discharge varies from person to person and across the cycle; colors and textures overlap between harmless and treatable causes. If something feels off for you, a clinician and a simple swab can tell you for sure — that's the safest way to know.