

Don't Stress: Here's What You Should Know About A Lighter Period Flow

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Although a barely-there period isn't always a cause for concern, you definitely shouldn't overlook it. Read on for the possible reasons behind a light flow and when seeking medical attention becomes essential.



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Your monthly visitor, Aunt Flo, has arrived once again, but this time, she's taken on a new persona — a tranquil little stream. Whatever happened to her overflowing waves (that often left a 'bloody' aftermath in their wake)?

To better comprehend this significant change in menstrual flow, let's start by clarifying what exactly constitutes a light period. According to the [Centers For Disease Control and Prevention](#), individuals with a uterus generally lose an average of 2 to 3 tablespoons of blood every month. But remember, this is no one-size-fits-all scenario! Period flow is highly individualistic, and only you can tell whether your recent flow was lighter than your typical experience.

Fortunately, there are some telltale signs of a light period. These include using fewer pads or tampons than usual, noticing merely a few drops of blood on your underwear (a.k.a spotting), and having a notably shorter period duration (typically 1 to 2 days).

There's a chance these indicators of an [irregular period could mean something more serious](#), especially if your bleeds have been consistently light. If you're curious about what might be causing this drastic shift in flow, you've come to the right place. So, without further ado, let's find out the reason behind Aunt Flo's sudden change of mood!

The possible reasons behind a light period



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First, the good news: a light flow doesn't always mean trouble, and it's normal for a period to last only two to three days (via [Healthline](#)). For some folks, menstrual flow can also vary every month, meaning a light period is simply a part of their regular cycle. As gynecologist Dr. Shree Datta tells [Cosmopolitan](#), "If your last period was heavy, for example, your next one may be naturally light." However, getting to the root cause of your lighter period is vital, as it could point to an underlying health condition that requires immediate attention.

Depending on the health concern, your hormone production's either getting blocked or going into overdrive and impacting your regular flow. Drastic weight loss, high stress levels, or an overactive thyroid could be to blame. Doctors may even suggest [going off birth control pills](#) because, without those pesky egg releases, your uterus lining hardly thickens — hence, the

barely there period. Other members of the light flow club include those who are breastfeeding, approaching menopause, or in postpartum.

While lighter periods are expected in all these cases, it's unwise to self-diagnose and draw conclusions about your menstrual status, and that's where the expertise of doctors comes in.

When should you see a doctor?



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If you notice unusual changes in your menstrual cycle, like a consistently light period, gynecologist Alyssa Dweck advises [Byrdie](#) readers to check in with a medical professional and get the necessary tests done to rule out any severe health concerns. Dweck explains, “It may be a good idea to undergo a thorough history with a physical exam, blood work to test your hormone levels, prolactin, and thyroid function, and even a pelvic ultrasound for evaluation.”

According to OB-GYN Wendy Goodall McDonald, another important reason to seek medical attention is if you're not menstruating at least every other month. If you don't bleed, except when you're pregnant or while on hormonal birth control, it indicates a lack of ovulation (or the release of an egg) and requires medical intervention. As reported by [Popsugar](#), “The uterine lining continues to build, though — and over time, the lining and blood that accumulate in the uterus can increase your risk for developing uterine cancer.”

But that's not all. A specialist in reproductive endocrinology, Lina Akopians, told Prevention that when a period lightens up considerably, the culprits could be your hormones or a more serious structural issue involving an organ. So it's safe to say that while a lighter period may — or may not — be a cause for alarm, it certainly warrants visiting a medical professional to be on the safe side.