

# Let's Talk About Lochia!

*Matru-Prema Birth Services*

## WHAT IS LOCHIA?

Lochia is the name for the normal vaginal bleeding & discharge experienced during the postpartum period. It is comprised of blood, placental cells, mucus, and the endometrium (uterine lining). While every woman's experience is unique, there are timeframes and characteristics of the three types of lochia that are considered "normal."

### STAGE 1: LOCHIA RUBRA

The first stage of lochia, characterized by vaginal bleeding.

- Usually heavy, it can be dark or bright red and may contain small- to medium-sized clots.
- Often accompanied by uterine cramping (also called "after pains.")
- Typically lasts ~5-10 days.

### STAGE 2: LOCHIA SEROSA

The second stage of lochia, characterized by a transition to lighter bleeding.

- Usually appears pinkish-brown or brown & thinner/waterier than lochia rubra.
- Typically lasts ~1-2 weeks.

### STAGE 3: LOCHIA ALBA

The third & final stage of lochia, characterized by creamy or yellow discharge.

- May be accompanied by intermittent spotting, although by now, most of the red blood cells have been passed.
- Can last ~4-6 weeks.

### LOCHIA RED FLAGS

If you notice any of the following symptoms, contact your care provider or seek evaluation at the nearest emergency department.

- Heavy bleeding that saturates a pad in less than one hour, or a return to bright red bleeding.
- Passage of clots the size of a golf ball or larger.
- Bleeding or discharge accompanied by a foul odor or greenish color.
- Fever of 100.4 F or higher.
- Chills, shortness of breath, rapid heart rate, dizziness, or blurred vision.
- Feeling intuitively that something isn't right.

## *Get in Touch*

MATRU-PREMA BIRTH SERVICES  
PO BOX 316  
MEDICINE BOW, WY 82329  
(208) 215-5265

MATRUPREMABIRTHDOULA  
@GMAIL.COM

WWW.MATRUPREMABIRTHDOULA.COM

