

English

Simplified Chinese (Mandarin) / 简体中文

Periods (menstruation)

Sometimes it can feel embarrassing talking about periods – but remember, periods are normal. You are entitled to ask for the help that you need to experience good menstrual health and wellbeing.

A period is the part of the menstrual cycle when women, girls and people who menstruate bleed from their vagina.

For most people this happens every 28 days or so, but it's common for periods to start sooner or later than this. It can range from day 24 to day 38 of your cycle. Periods last from around 4 to 8 days.

If you're aged 26 or under or are looking for information to help a young person, you can find out more about periods on the [Young Scot website](#).

月经（行经）

谈论月经有时可能会让人感到尴尬——但请记住，月经再正常不过。您有权根据需要寻求帮助，确保经期的身心健康。

月经是月经周期的一部分，此时妇女、女孩和行经人的阴道出血。

大多数人大约每 28 天行经一次，但开始时间早于或晚于此时间点是很常见的。月经可在您的月经周期的第 24 天至 38 天之间开始。月经约持续 4-8 天。

如果您的年龄小于等于 26 岁，或者正在寻找信息帮助年轻人，可以访问 [Young Scot 网站](#)，了解有关月经的更多信息。

<p>You can get period products for free in Scotland in a range of places. You can contact your local council to find out where you can access free products in your area or you can use the PickupMyPeriod app.</p> <p>From mid-August 2022, by law, councils and education providers have to make these products available for free for anyone who needs them.</p> <p>Useful apps</p> <p>Android - PickupMyPeriod app IOS - PickupMyPeriod app Further information about free period products</p>	<p>在苏格兰，您可以从多个渠道免费获得月经期用品。您可以联系当地的议会区，了解在您所在地区有哪些地方可以获得免费的月经期用品，也可通过 PickupMyPeriod 应用程序获取月经期用品。</p> <p>从 2022 年 8 月中旬开始，根据法律规定，议会区和教育机构必须为任何有需要的人免费提供这些月经期用品。</p> <p>有用的应用程序</p> <p>Android—PickupMyPeriod 应用程序 IOS—PickupMyPeriod 应用程序 关于免费月经期用品的更多信息</p>
<p>What to expect</p> <p>Periods can last anything between 4 and 8 days, but usually last for about 5 days. The bleeding tends to be heaviest in the first 2 days – but everyone is different.</p> <p>When your period is at its heaviest, the blood will be red. On lighter days, it may be pink, brown or black.</p> <p>You'll lose about 5 to 12 teaspoons of blood during your period although some women bleed more heavily than this.</p> <p>Further information on heavy periods</p>	<p>预期结果</p> <p>月经可持续 4-8 天，但通常持续 5 天左右。头两天的月经最多，但每个人有所不同。</p> <p>月经最多时，血液呈红色。月经较少时，可能为粉色、棕色或黑色。</p> <p>月经期间，您的失血量约为 5-12 茶匙，但有些女性可能更多。</p> <p>关于月经过多的更多信息</p>
<p>When do periods start?</p>	<p>月经初潮何时发生？</p>

<p>Periods start during puberty. The average age for puberty to start in girls is 11, but can be earlier or later.</p> <p>Periods usually begin at around the age of 12. Some girls will start them later, and some earlier – everyone is different. To start with, periods might not happen every month but from the ages of around 16 to 18 most people who menstruate will find their periods are regular.</p> <p>It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. This can help you know when to expect your period and have period products with you.</p> <p>If you haven't started your period by around 16 though, it's a good idea to see your doctor to find out why it hasn't happened yet. However, a delay in starting periods isn't usually anything to worry about.</p> <p>Further information on delayed periods</p>	<p>月经初潮发生于青春期。女孩月经初潮的平均年龄为 11 岁，但可能会早于或晚于该年龄。</p> <p>月经初潮通常发生于 12 岁左右。有些女孩的月经初潮较晚，有些较早，每个人的情况不同。首先，月经可能不是每个月一次，大多数行经人群都会发现，她们的月经从大约 16-18 岁开始变得规律。</p> <p>用日历、日记或应用程序记录您的经期和症状可能会有帮助。这可以帮助您了解月经预期何时来潮，并随身携带月经期用品。</p> <p>如果您到 16 岁左右还没发生月经初潮，最好去看医生，找到原因。但月经初潮延迟通常无需担心。</p> <p>关于月经延迟的更多信息</p>
<p>What is 'normal'?</p> <p>Everyone experiences periods differently, but it's important to know what isn't 'normal'. A good way of thinking about this is that your period shouldn't stop you doing the things you would normally. For example going to school, work, taking part in sports or other activities.</p>	<p>何为“正常”？</p> <p>每个人都会经历不同的月经来潮，但了解何为“不正常”很重要。思考这个问题有一个好方法，即您的月经不应妨碍您正常做事。例如，上学、上班、参加体育运动或其他活动。</p>

If you have any concerns, pain or discomfort during your period, there's lots of help available. You don't have to suffer.

Speak to your doctor if:

- your periods are affecting your day to day life
- you're worried about your periods
- you experience changes in your period

If you keep a note of your period dates and symptoms using a calendar, a diary or an app you can then discuss these with your doctor who can decide if any tests or treatments might be necessary.

If you're seeing your doctor, there are some useful pieces of information to think about beforehand:

- the first day of your last period (when it started)
- how many days your period usually lasts
- what was the shortest time between your periods (from the first day of one period to the first day of the next)
- what was the longest time between your periods (from the first day of one period to the first day of the next)
- how often you need to change your period products on a heavy day

如果您在经期有任何疑虑、疼痛或不舒服，我们将会提供许多帮助。无需默默忍受。

如果您有下述情况，请告诉医生：

- 月经影响您的日常生活
- 您对月经感到担心
- 您的月经发生变化

如果您用日历、日记或应用程序记录经期和症状，就可以和医生讨论，并由医生决定是否需要进行任何检查或治疗。

如果您要去看医生，需要事先考虑一些有用的信息：

- 末次月经的第一天（开始日期）
- 您的经期通常持续多少天
- 非经期的最短时间（某次月经第一天到下次月经第一天的时间段）
- 非经期的最长时间（某次月经第一天到下次月经第一天的时间段）
- 月经较多时您需要多久更换一次月经期用品？
- 如果您已经年满 25 岁，最近一次涂片检查是在何时？

<ul style="list-style-type: none"> • if you are over 25, when you had your last smear test <p>If your doctor thinks a health condition might be causing your symptoms, your doctor will talk to you about this, and if any tests or treatment might be needed.</p> <p>If you have any questions about your care, these questions can help you get the information you might need.</p>	<p>如果医生认为您的症状可能由某种健康状况引起，就会与您谈论此事，并告诉您是否需要进行检查或治疗。</p> <p>如果您对自己的治疗有任何疑问，这些问题可以帮助您获得可能需要的信息。</p>
<h2>Managing periods</h2> <p>There are lots of different period products to choose from. Everyone is different, so you can choose which ones suit you best. Options include:</p> <ul style="list-style-type: none"> • period pads • tampons • menstrual cups • period pants <p>Further information about choosing period products</p>	<h2>管理月经</h2> <p>目前有许多不同的月经期用品可供选择。每个人都不同，所以您可以选择最适合自己的月经期用品。可选择的月经期用品包括：</p> <ul style="list-style-type: none"> • 卫生巾 • 卫生棉条 • 月经杯 • 月经裤 <p>关于选择月经期用品的更多信息</p>
<h2>Period pain</h2>	<h2>痛经</h2> <p>许多人都会在经期出现疼痛。可以是任何形式的疼痛，从钝痛性痉挛至剧烈疼痛，感觉无法控制，也不容易缓解。</p>

<p>A lot of people experience pain with their periods. This can be anything from dull achy cramps to intense pain that feels unmanageable and cannot be easily relieved.</p> <p>There are lots of options for treating milder period pain, for example:</p> <ul style="list-style-type: none"> • a hot water bottle • gentle exercise • pain relief, such as paracetamol or ibuprofen – always follow the manufacturer's instructions <p>You can speak to your pharmacist for advice on pain relief. For more severe pain, there are other types of medications which are only available from your doctor.</p> <p>Further information about period pain</p>	<p>较轻度痛经有许多治疗方案，例如：</p> <ul style="list-style-type: none"> • 热水瓶 • 平和的运动 • 镇痛药，如对乙酰氨基酚或布洛芬—始终遵循生产商说明 <p>您可以咨询药剂师有关疼痛缓解的建议。如果疼痛较严重，只能由医生开其他类型的药物。</p> <p>关于痛经的更多信息</p>
<p>Premenstrual syndrome (PMS)</p> <p>Changes in your body's hormone levels before your period can cause physical and emotional changes and some people experience mood changes or tiredness before and during their period. This is known as premenstrual syndrome (PMS). How or if you experience it can change throughout your life.</p>	<p>经期前综合征 (PMS)</p> <p>月经前，您体内的激素水平发生变化，可能导致身体和情绪上的变化，有些人会在月经前和月经期间出现心情改变或疲倦。这被称为经期前综合征 (PMS)。在您的一生中，PMS 如何变化或您是否经历这种变化？</p>

<p>Some women experience severe PMS with symptoms that are unmanageable and impact their day to day life, including their relationships.</p> <p>The most extreme form of PMS is known as premenstrual dysphoric disorder (PMDD). It's less common than PMS but if you experience PMDD or severe PMS it's really important that you seek help and advice from your doctor.</p> <p>Further information about PMS and PMDD</p>	<p>有些女性会患重度 PMS 伴无法控制的症状，并影响到日常生活，包括她们的社交关系。</p> <p>最极端形式的 PMS 称为经前烦躁症 (PMDD)。PMDD 不如 PMS 常见，但若出现 PMDD 或重度 PMS，向医生求助并咨询医生意见非常重要。</p> <p>关于 PMS 和 PMDD 的更多信息</p>
<p>Heavy menstrual bleeding (heavy periods)</p> <p>Heavy menstrual bleeding is one of the most common reasons for people who menstruate to see their doctor. According to Women's Health Concern, 1 in 3 women describe their period as heavy and at least 1 in 20 women speak to their doctor every year about this problem.</p> <p>For many people, heavy periods have no cause. For others, it can be due to a health condition.</p> <p>If you experience heavy periods that feel unmanageable or stop you doing the things you would normally, speak to your doctor.</p> <p>Further information about heavy periods</p>	<p>月经量大（月经过多）</p> <p>月经量大是行经人群去看医生的最常见原因之一。根据 Women's Health Concern（妇女健康关注），每 3 名女性中就有 1 人称月经过多，并且每年每 20 名女性中至少有 1 人向医生咨询这个问题。</p> <p>对于许多人而言，月经过多并无原因。对另一些女性而言，月经过多可能是由某种健康状况引起。</p> <p>如果您月经过多且感到无法控制或妨碍您正常做事，请告诉医生。</p> <p>关于月经过多的更多信息</p>

Irregular periods

Some people may experience irregular periods that don't come every month. This is often the case when girls start their periods but it can also be caused by things like stress, certain health conditions or pregnancy. Irregular periods can also be a sign of [menopause](#).

If you think you might be pregnant, it's important to take a pregnancy test as soon as possible.

[Further information about your options if you're pregnant](#)

If you are not pregnant, you should speak to your doctor if you:

- have started your period but haven't had one for a while (3 to 6 months)
- bleed between your periods, after sex or after the menopause
- experience other irregularities with your periods, for example the number of days in between your period keeps changing or your periods are coming closer together or further apart than usual

It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. You can then discuss this with

月经不调

有些人可能会出现月经不调，不是每个月都会行经。女孩月经初潮后往往会出现这种情况，但也可能由压力、某些疾病、妊娠等因素引起。月经不调也可能是[绝经期的体征](#)。

如果您认为自己可能怀孕，尽快做妊娠试验至关重要。

[针对孕妇方案的更多信息](#)

如果您没怀孕且有下列情况，应当告诉医生：

- 已经发生月经初潮，但之后一段时间（3-6 个月左右）未行经
- 非经期出血、性交后出血或绝经期后出血
- 出现其他形式的月经不调，例如非经期天数不断变化，或者经期间隔比平时短或长

用日历、日记或应用程序记录您的经期和症状可能会有帮助。然后，您可以就此和医生讨论，由其决定是否需要进行任何检查或治疗。

[关于月经不调的更多信息](#)

<p>your doctor who can decide if any tests or treatments might be necessary.</p> <p>Further information about irregular periods</p>	
<p>Bleeding between periods (spotting) or bleeding after sex</p> <p>Some people will bleed between periods (known as spotting) or bleed after sex. There are lots of different reasons why this might happen but if you experience this you should speak to your doctor.</p> <p>Periods and pregnancy</p> <p>If you're trying to get pregnant, or you don't want to get pregnant, it's important to know how your period is linked to pregnancy.</p> <p>Further information about periods and pregnancy</p> <p>Periods and the coronavirus (COVID-19) vaccine</p> <p>Further information about periods and the coronavirus vaccine</p>	<p>非经期出血（点滴出血）或性交后出血</p> <p>有些人会出现非经期出血（称为“点滴出血”）或性交后出血。出现这种情况的原因多种多样，如果发生在您身上，应当告诉医生。</p> <p>月经与妊娠</p> <p>如果您正在备孕，或者您不想怀孕，了解月经与怀孕的关系至关重要。</p> <p>关于月经与妊娠的更多信息</p> <p>月经与新冠病毒 (COVID-19) 疫苗</p> <p>关于月经与新冠病毒疫苗的更多信息</p>
<p>For more information about periods in Chinese (simplified) go to https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>	<p>欲了解关于月经期的更多信息（简体中文版），请访问 https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>
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