

Delayed start to periods



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A delayed start to periods is also called 'primary amenorrhoea'.

This is said as: ah-men-or-ee-a.

Some people start their periods later than other people, and that is normal.

If your mum or sister started their periods later, you may too.

It is good to chat with them about this if you can.



A delay in starting periods is not usually anything to worry about.

If you have not started your period when you are 16, it is a good idea to see your doctor to find out why it has not happened yet.



Reasons for delayed periods can include:

- being underweight
- your hormones



Hormones are chemicals in your body that send messages from your brain to help your body work well.



- being very stressed – if you feel this way, speak to someone about how you are feeling



- eating disorders



- taking part in extreme amounts of exercise



- pregnancy

If you are having sex you should do a pregnancy test to make sure you are not pregnant.



- a medical condition

When you speak to your doctor they will be able to talk you through any treatment you might need and you can [ask questions](#).

Irregular periods



Some people may have irregular periods.

This means their periods do not come every month.

This often happens when girls start their periods but it can also be caused by things like stress, some health conditions or pregnancy.

If you think you might be pregnant, take a pregnancy test as soon as possible.

Irregular periods can also be a sign of [menopause](#).

[More information about irregular periods.](#)



Bleeding between periods or bleeding after sex



Some people will bleed between periods – this is known as ‘spotting’.

Some people will bleed after sex.

There are lots of different reasons why this might happen.

Speak to your doctor if this happens to you.

Periods and pregnancy



If you are trying to get pregnant, or you do not want to get pregnant, it is important to know how your period is linked to **fertility**.

Your **fertility** is the time when you have the best chance of getting pregnant.



Use [contraception](#) if you are having sex and you do not want to get pregnant.

[More information about periods and pregnancy](#)



Speak to your doctor if:

- you have started your period but haven't had one for 3 to 6 months



- you bleed between your period, after sex or after the [menopause](#)