How do I know if my period has really ended?
Once you know how long your average period lasts, you should expect it to end after the same number of days each time. Otherwise, wait until you no longer see any traces of blood or other substances. Some women notice a clear discharge, denoting the end of the menstrual flow. If you are not sure, ask a knowledgeable Muslim woman or a doctor to help you recognize when your menses has ended.

What if I have bleeding at times other than my normal period?
Vaginal bleeding that is considered non-menstrual is called istihada. Such non-menstrual bleeding is that which occurs at any time that is not part of the normal period. In general, if your period lasts longer than usual (that is 10 days or more), you should make ghusl on the tenth day and perform wudu for each prayer thereafter. You may also resume fasting. Bleeding that occurs during the middle of one’s cycle is also considered non-menstrual and therefore does not require that you stop performing the normal rituals. Bleeding during pregnancy (which is uncommon) is regarded as istihada so one should continue praying and fasting in this case as well. Persistent bleeding abnormalities may be a sign of an underlying medical problem and should be brought to the attention of your physician.

Preventing Your Period
Many Muslim women are interested in ways to delay their periods while on Hajj or during their weddings. There are no Islamic rulings that prohibit the manipulation of the menstrual cycle. Your period can be delayed by taking oral contraceptives (the pill) continuously, that is, by skipping the placebo pills at the end of each pill cycle and starting a new pack right away. In order for this to be successful, one needs to be on the pill for at least one month prior to the time period in question. Delaying one’s period in such a manner is medically safe and does not result in any harm to the woman. Birth control pills are available by prescription under the supervision of a healthcare provider, who should be able to answer questions in this regard.

When Your Period Ends
When you are sure that your period has ended you must do ghusl, or take a full bath before you will be able to resume praying. In ghusl, every part of the body must be washed, including the hair and scalp. After doing ghusl you can continue praying and worshipping as usual. If you missed a prayer between the time your period ended and the time of your ghusl, you must make it up.

The Do’s and Don’ts During Your Period
Since the body is releasing waste throughout the length of the period, it is impossible to try to purify one’s self for prayer or any other type of worship. For this reason, Allah has commanded women not to perform certain rituals throughout the duration of their period, but they are expected to resume immediately after their period ends. This can be seen as a mercy from God toward women, as it recognizes the discomfort that menstruating women often feel. The following is a list of things that a menstruating Muslima may participate in:

- Dhikr (to recite the praises of Allah)
- Memorization of Quran only if this is done on a regular basis and she fears that stopping for the duration of her period may cause her to forget what she had learned
- Be intimate with her husband by hugging and kissing
- Perform the Hajj (Sahih Muslim)

During menstruation, it is not permissible to:

- Read the Quran as a form of worship
- Touch a copy of the Quran, unless it is a translated version or includes a translation
- Pray
- Fast
- Make Tawaf (circumambulate around the Kaaba) (Sahih Muslim)
- Sit in the portion of the mosque that is used only for prayer
- Have sexual intercourse with her husband

For more details on what is/isn’t permissible during menstruation, seek more information from an imam or knowledgeable Muslim.

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After ovulation, the egg waits to become fertilized by a sperm. If fertilization does not take place, the egg disintegrates, and the endometrial lining falls off ... the body. Therefore, it passes out of the vagina in the form of blood and other substances. This constitutes your period.

The First Period: Menarche
For young girls and teens, waiting for the onset of the first menstrual period can cause much anxiety because they do not know what to expect. However, the more a woman knows about menstruation, the more comfortable she will feel. Be sure to select the proper type of absorbent protection for you. Menarche is also known as the first period or menarche.

What is Menstruation?
Each month, your body goes through a series of changes lasting around 28 days, which make up the menstrual cycle. Menstruation is only a short part of the menstrual cycle. Menstruation, also referred to as menstrual period or simply, the period.

The Menstrual Cycle
Each month, an egg is released from one of the two ovaries. Once the egg is released, the uterus begins to prepare itself for a possible pregnancy. The most notable change is menstruation.

Menstruation
What should I use during my period?
There are many products in the market that can be used to absorb the menstrual flow and keep you comfortable and clean. A woman may either choose to use a pad, tampon, or a combination of both. These are all good options depending on what is most comfortable for her. Women are advised to use tampons for the first period as they are easier to use.

Menarche and Islam
In Islam, contrary to Western society, a female is treated as an adult at the onset of her first period at the age of eight. Women are expected to be able to take care of themselves and their families. Women are given the honor and respect of being adults and instead should be respected and treated as a young woman. That is the honor and right given to you by Allah.

PMS
Premenstrual syndrome is a condition that may occur before the onset of a woman's period. Symptoms include fatigue, appetite changes, mood swings, and breast tenderness. For many women, PMS symptoms discontinue after pregnancy. There are several measures one can take to minimize the symptoms of this condition.

Aerobic exercise
Exercise for fifteen to twenty minutes a day for three to five days a week to reduce stress, improve circulation, and tone your body. Be sure to discuss your fitness program with a physician before you begin.

Nutrition
Some researchers feel that high-fat and high-sodium diets contribute to symptoms of PMS. Limit your intake of red meat. Decrease sugar, salt, sugar, and whole grain foods. Caffeine, salt, and nicotine may also increase symptoms of PMS and therefore should be avoided.

Stress management
Remain patient and control your reactions to stressful situations. PMS, not to be mistaken for a phase of menopause, can involve a wide range of symptoms. It is important to discuss your concerns with your doctor or about your concerns.

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