

Know the Differences

Implantation Bleeding

Color



Pink or Brown

Flow



Spotting

Cramping



Mostly Mild

Consistency



Thin, watery

Duration

1-2

1-2 days

When will it happen?

21



Day 21 of the period cycle

Period

Color



Red

Flow



Light - Heavy

Cramping



Mild to severe-Depending on your cycle

Consistency



Thick red and may have blood clots

Duration

4-7

4-7 days

When will it happen?

28



Day 28 of the period cycle