

## Words and Terms for Menstruation Worldwide

Country	Local expression	English translation	Additional info
<b>Argentina</b>	Andrés (porque viene una vez por mes)	A male name that rhymes with the rest of the verse that translates, 'Andrés (because it comes once a month).'	
<b>Australia</b>	Aunt Rose		
	Flag of Japan		
	I've got the flags out		
<b>Belgium</b>	Marie is op bezoek (Flemish)	Mary is visiting	
	Mijn maandstonden (Flemish)	my monthly "moments"	
<b>Brasil</b>	Chico	from the name Francisco, the code girls used to use starting at the beginning of the century.	This is an expression used everywhere in Brazil today.
	Ele desceu	it has gone down	
	Eu estou naqueles dias	I'm in those days	
<b>Canada</b>	CSI:Vagina		
	I'm on the rag		

On my moon

Red flag week

Tears of a  
disappointed  
uterus

The great Canadian-American physician Sir William Osler (1849-1919) once referred to the menstrual flow as '... the tears of a disappointed uterus.' I guess the sole purpose of a uterus is to produce a full term baby, and menstruation shows a failure to make her goal.

That time of the  
month

**China**

Monthly Experience

Formal term for  
menstruation

Mother's eldest  
sister

That thing/unclean  
thing

**Croatia**

Things

"In Croatia, the word 'menstruation' is pretty much obsolete in everyday language. Everybody just calls it 'things.' As

			in: 'I have things,' 'I still haven't gotten my things.'
<b>Denmark</b>	The hallway is being painted	Der bliver malet i entreen	
	Der er kommunister i lysthuset	There are communists in the funhouse	
	De tomatensoep is overgekookt	The tomato soup overcooked	
	Menstrueren	To menstruate	Neutral term
	ik ben ongesteld	I am unwell	
	I've got the relatives round to stay		
	Women's problems		
<b>Finland</b>	Hanna-täti käymässä	Aunt Hanna is visiting	
	Hilloviikot	The jam week	
	Liputuspäivä	The flag-flying day	Flags are flown as expression of special occasions
	Menkat	Menstruation	Neutral expression
	Minulla on kuukautiset	I have my period	Formal expression
	Pulmapäivät	The troubled days	
<b>France</b>	La saison des fraises	Strawberry season	
	Les règles	Period	Neutral expression
<b>French Canada</b>	Etre menstruée	To be menstruating	

	Etre sur ma semaine	being on the week of your period	
<b>Germany</b>	Monatsblutung	Monthly bleeding	Neutral expression
	Periode	Period	Neutral expression
	Regel		Neutral expression
	Tante Rosa kommt	Aunt Rosa is coming	
<b>Hungary</b>	Megjött	It has arrived	
<b>Ireland</b>	Cúrsaí	Circumstances	Standard expression
	Liverpool's playing at home		referring to the English football sides bright red home jerseys
	Ta cursai mna agam	I've got woman things	
<b>USA</b>	To be on the rag		
	Aunt Flo is coming to visit		
	The flow		
<b>Israel</b>	kibalti	I got (my period)	
	mehurbenet	I am shitty today	
<b>Italy</b>	Avere il ciclo	To have the cycle	Medical term
	Avere il periodo	To have menstruation	Medical term
	Avere problemi tecnici	To have technical problems	

	piove	It rains	
<b>Japan</b>	Seiri	Life logic	
	Geikkei	Menstruation	
<b>India</b>	Ami Lohit sagore bhaschhi	I am sailing in the Red Sea	(Bengali)
	Amar Period hoyeche	I have my periods	(Bengali)
	Mera MC start ho gaya	I have started menstruating	(Hindi) MC stands for 'menstrual cycle' yet most people refer to it as menstrual days
	Chum	Another word for Period blood	
<b>New Zealand</b>	Having my mate		
	Inconvenient visitor		
<b>Norway</b>	Den tiden i måneden	Time of the month	
<b>Pakistan</b>	Mahwari	Monthlies	
<b>Peru</b>	Las buenas nuevas	Good news: You are not pregnant	
<b>Philippines</b>	buwanang dalaw	Monthly visit	
	meron ako	I have	
<b>Poland</b>	Okres	Period	Neutral term
<b>Russia</b>	Techka	Flow	

	mesyatchniye	Monthly
<b>Serbia</b>	Dobila sam	I've got it
<b>Slovakia</b>	Svoje dni	Her days/own days

(from [www.mum.org](http://www.mum.org))

**Didn't see the  
terms used in your  
country or region?**

**Add your own!**

