

Mucus types & Roles

Order of Mucus during the Menstrual Cycle

G Mucus

Gatekeeper

Forms a plug at the cervix at end of menstruation until the beginning of fertile phase and again after ovulation until menstruation. Closes up the cervix preventing sperm from entering, has antibiotic properties, protecting from infection.

L Mucus

Eliminator

Attracts and eliminates low quality sperm

S Mucus

Fertile

Has vertical channels which assists the sperm to swim up the vaginal canal towards the ovum. Nourishes and protects the sperm for 3-5 days.

P Mucus

Lubrication & Elimination

1st released with L mucus to dislodge the G mucus plug
2nd released with S mucus to make the slippery and wet sensation. Also eliminates the low quality sperm

Order of Mucus during the Menstrual Cycle

G Mucus ⇨ L & S Mucus ⇨ P & L Mucus ⇨ P & S Mucus ⇨ G Mucus