the question

What is the ruling if a woman fasts for one day after her period finishes, then the period comes back again? Should she make up that day or not?.

Detailed answer

Praise be to Allah.

If the period ends for one day or one night during the days of the period, then the woman should do ghusl and offer the prayers that fall due whilst she is taahir (pure), because Ibn 'Abbas said: "When she sees the heavy blood, she should not pray, but if she sees the tuhr (white discharge indicating that the period has ended) for a while then she should do ghusl."

Fatawa al-Lajnah al-Daa'imah (Majallat al-Buhooth al-'llmiyyah, 12/102

The heavy blood is thick blood, or it was said that it means a lot of blood. Lisaan al-'Arab, 4/46.