



Bleeding after menopause

Any bleeding after your periods have stopped for 12 months needs to be checked promptly, even if it is only spotting or happens once. Most causes are not serious, but this is not a symptom to wait on.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I have had bleeding or spotting after 12 months without a period
- ☐ I have pink, brown or blood-stained discharge
- ☐ The bleeding happened after sex
- ☐ I take hormone replacement therapy (HRT)
- ☐ I take blood thinners or tamoxifen
- ☐ I have vaginal dryness or soreness
- ☐ I have lower tummy pain or bloating
- ☐ I have lost weight without trying

GET HELP NOW IF

- Heavy bleeding, soaking a pad in under an hour
- Bleeding with dizziness or fainting
- Bleeding with fever or severe pain

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



BLEEDING RECORD

Date	Amount: spot, light or heavy	Colour	After sex?	Notes

BEFORE YOUR VISIT

- Book an appointment within two weeks of the first bleed.
- Note the date of your last natural period.
- Bring a list of your medicines, including HRT.
- Bring any previous scan or screening reports.

QUESTIONS YOU MAY WANT TO ASK

- What tests do I need, and how soon?
- Do I need an ultrasound or a sample of the womb lining?
- When will I get the results?

