



Bleeding between periods or after sex

Bleeding between periods or after sex is often caused by something minor, such as hormonal contraception or a harmless change on the cervix. It always deserves an examination.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I bleed or spot between my periods
- ☐ I bleed during or after sex
- ☐ I use hormonal contraception (pill, injection, implant or hormonal IUD)
- ☐ I recently started, stopped or missed contraceptive pills
- ☐ I have unusual discharge, itching or a smell
- ☐ I have pain in my lower tummy or during sex
- ☐ I have a new partner, or my partner has other partners
- ☐ My last cervical screening (Pap test) was more than three years ago, or I have never had one
- ☐ I could be pregnant

GET HELP NOW IF

- Bleeding is heavy, soaking a pad in under an hour
- You could be pregnant and have pain or bleeding
- You have fever with lower tummy pain
- You bleed after your periods have stopped for a year

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	After sex?	Amount: spot, light or heavy	Colour	Pain or other symptoms

BEFORE YOUR VISIT

- Note the date of your last period and your last cervical screening.
- Bring the name of any contraception you use.
- You can be examined even if you are spotting.
- If you can, avoid douching and vaginal creams for two days before.

QUESTIONS YOU MAY WANT TO ASK

- What could be causing the bleeding?
- Do I need cervical screening or tests for infection?
- Should my partner be tested or treated?

