



Heavy periods

Heavy bleeding is common and treatable, but most women have no yardstick for what counts as too heavy. Tick what applies, keep the record for one or two periods, and bring this to your appointment.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

☐ I change a pad or tampon every 1 to 2 hours on my heaviest days

☐ I need two pads together, or a pad with a tampon

☐ I get up at night to change protection

☐ I pass clots larger than a coin (about 2.5 cm)

☐ My period lasts more than 7 days

☐ I have leaked through clothes or bedding

☐ I feel tired, breathless or dizzy during or after my period

☐ Heavy bleeding stops me working, studying or going out

☐ My periods are heavier than they used to be

☐ Heavy periods run in my family, or I bleed or bruise easily

GET HELP NOW IF

- You soak a pad or tampon in under an hour, two hours in a row
- You feel faint, dizzy or breathless, or your heart is racing
- You might be pregnant and are bleeding
- You have severe pain with the bleeding

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.



PERIOD RECORD

Date	Day of period	Pads or tampons used	Soaked through?	Clots?	Pain 0 to 10

BEFORE YOUR VISIT

- Note the start dates of your last three periods.
- Count how many pads or tampons you use on your heaviest day.
- Bring previous blood test or scan reports.
- List your medicines, including blood thinners or hormone tablets.

QUESTIONS YOU MAY WANT TO ASK

- What is causing my heavy bleeding?
- Do I need a blood test for anaemia?
- What are my treatment options, including non-hormonal ones?

