

# What is Heavy Menstrual Bleeding?

**Heavy menstrual bleeding** is when your menstrual blood flow is very heavy and/or lasts longer than 7 days. If you have a bleeding disorder, like von Willebrand disease, a platelet disorder or a clotting factor deficiency, you may have heavy bleeding during your period.

## How is Heavy Menstrual Bleeding Treated?

Your healthcare provider will recommend what treatment is best for you.

Treatment will depend on:

- your age
- your health
- your symptoms
- the cause of your bleeding
- your preference for certain treatments

Sometimes your healthcare provider will prescribe medicine or hormonal therapies. These can help reduce heavy bleeding and make cramps feel less painful.

Things you can do to help with menstrual pain:

- use a heating pad or soaking in a warm bath
- drink a cup of warm tea
- stretch and light exercise

Sometimes your healthcare provider will prescribe iron supplements to replace the iron lost from heavy bleeding.



## Signs & Symptoms of Heavy Bleeding:

- Periods lasting 7+ days
- Sudden gushing (or heavy blood flow)
- Passing blood clumps bigger than a quarter
- Soaking through pads or tampons in less than two hours
- Feeling tired or dizzy
- Bleeding that limits activities at school, with friends, or in sports

## In Your Diary:

Be sure to write down:

- when your period starts, and how long it lasts
- how heavy your bleeding is each day
- any symptoms you may have
- medications you use

## How Can I Keep Track of My Bleeding and Periods?

Use a diary. It can help you and your healthcare provider see what symptoms you have and if treatment is helping.

You can keep a diary in:

- a notebook
- a calendar
- a period tracker on phone app

## If You Are Worried About Bleeding During School:

- Plan ahead - restock your bag with products, pack extra clothes, plan your bathroom breaks
- Ask a friend to be your eyes and let you know if you are leaking
- Talk to a friend about your symptoms
- Wear double protection if you are worried about leaking
- Bring a sweatshirt or jacket to tie around your waist in case you leak through your clothes
- Ask the school nurse to keep extra supplies for you
- Ask a parent or guardian to file a 504 plan with your school so you can go to the bathroom and visit the school nurse when you need to