



9128 N. Lindbergh Dr., Peoria, IL, 61615 Phone: 309-692-5337 www.ilbcdi.org

Heavy Menstrual Bleeding

Fact Sheet

What defines heavy menstrual bleeding?

- Menstrual bleeding that lasts longer than 7 days.
- Menstrual bleeding requiring protection changing more than every 2 hours.
- Menstrual bleeding that requires the use dual protection (pad and tampon).
- Menstrual bleeding that leads to anemia (low hemoglobin).
- Menses that occur more than once a month.

What can cause heavy menstrual bleeding?

- Heavy menstrual bleeding can be caused by an underlying bleeding disorder, taking any anticoagulation/blood thinning medications, or an underlying gynecological condition.

What should I do if I have heavy menstrual bleeding?

- First, you should contact your OB/GYN to have an evaluation. If an underlying gynecological condition is the cause of the heavy bleeding, your OB/GYN should be the first to know and address this condition.
- Second, you should call BCDI. If the underlying cause is gynecological in nature, we may still be able to offer additional treatment advice to you. However, if it is not gynecological in nature, we will likely try to determine if you have an underlying bleeding disorder.

Call your doctor right away if:

- You have continuous menstrual bleeding that has lasted longer than a month.
- You are dizzy/lightheaded, have decreased energy, or are more pale than usual as these may be signs of your hemoglobin dropping too low.