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## Tranexamic Acid (Lysteda™) Fact Sheet

Tranexamic Acid (Lysteda™) is a medication that has been FDA approved specifically to help control heavy menstrual bleeding. It is an antifibrinolytic, which means that it helps to keep your body from breaking down the clots that have been formed and will help decrease heavy menstrual bleeding.

### **How is Lysteda™ Taken?**

Lysteda comes in a pill size of 650 mg. You will take 2 tablets (1300 mg) by mouth three times daily on days 1-5 of your menstrual cycle. This does not need to be taken with regards to meals. In other words, you can take it either on an empty stomach or with food. The tablets should be swallowed whole and not chewed or broken apart.

### **Can I take Lysteda™ for other bleeding symptoms?**

Lysteda is specifically used for heavy menstrual bleeding, but if you are having other bleeding symptoms that you are concerned about, you should talk to your Hematologist about other medication options to help control bleeding.

### **If my bleeding slows down significantly or stops completely before day 5, can I stop Lysteda™?**

You can stop taking the Lysteda™ early if your bleeding slows down significantly or stops but you should not take it for **shorter** than 3 days or **longer** than 5 days.

### **If I have a menstrual cycle more than once a month, can I take Lysteda™ each time?**

This may depend on what your insurance will allow, but if your menstrual cycles continue to occur more than once a month after starting Lysteda™, please contact our office.

### **What are the most common side effects of Lysteda™?**

The most common Lysteda side effects are headaches, back pain, sinus and nasal problems, pain in your abdomen, pain in your muscles or joints, fatigue, and anemia. However, if you have different symptoms that begin after you have started taking Lysteda™, please do not hesitate to contact our office.