

Heavy Menstrual Bleeding Fact Sheet

What is heavy menstrual bleeding?

- Menstrual bleeding that lasts longer than **7 days**
- Menstrual bleeding requiring protection changing **more often than every 2 hours**
- Menstrual bleeding that requires the use of dual protection (pad and tampon)
- Menstrual bleeding that leads to anemia
- Having your period more than once a month

Causes of heavy menstrual bleeding

- Heavy menstrual bleeding can be caused by several factors. Below are the most common:
 - Underlying or undiagnosed bleeding disorder
 - Taking anticoagulation medications or blood thinners
 - 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.

WHEN TO CALL BCDI

- 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 **anemia** and your **hemoglobin dropping too low**.



When in doubt, we ask that you call our office for recommendations.

- To reach a nurse, please call **(309) 692-5337**.
- After regular business hours, please call **(309) 677-6085** to reach the provider on call.

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