

Your doctor can help with your period problems.

Do your periods change how you spend time with friends, family, or at work?

My periods make me feel emotionally... (Do your periods make you feel sad, worried, anxious, angry or something else?)

I've tried...

(Have you tried any medicines or activities to help you feel better?)

I'd like to know...

(What do you want to ask the doctor?)

Find out about heavy periods and period pain

If you have heavy or painful periods, a doctor can help.
Use this leaflet to track your bleeding and pain.



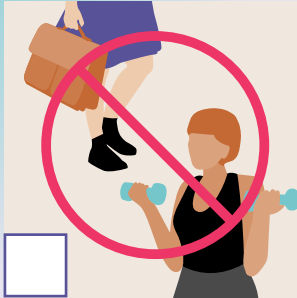
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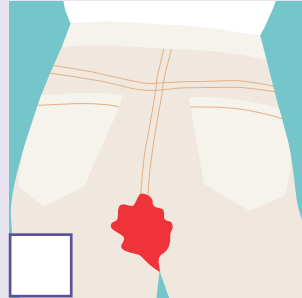
Tick the box next to the pictures that show your symptoms



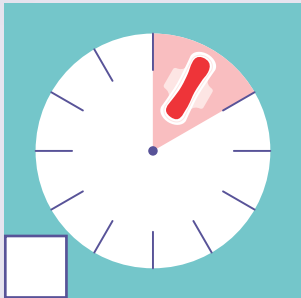
☐ I stay in bed, or stay home, due to my bleeding or pain.



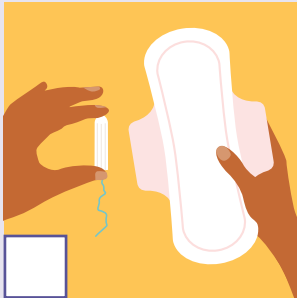
☐ I avoid daily activities like exercise, work or school, due to my bleeding or pain.



☐ I bleed through to my clothes or bedding.



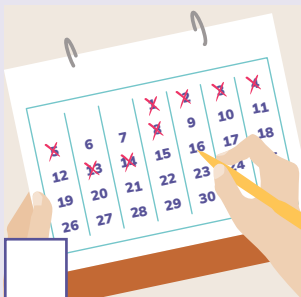
☐ I change my pad or tampon within 2 hours.



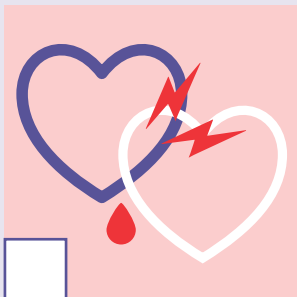
☐ I use 2 types of period product together, such as a pad and a tampon.



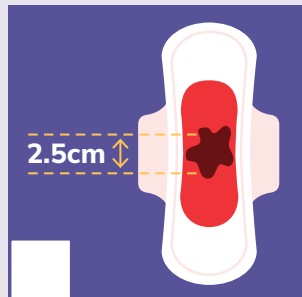
☐ I have periods lasting more than 7 days.



☐ I have bleeding or spotting between my periods.



☐ I have bleeding or pain during or after sex.



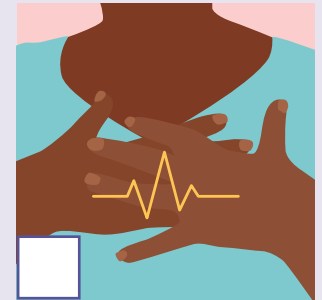
☐ I pass blood clots larger than about 2.5cm.



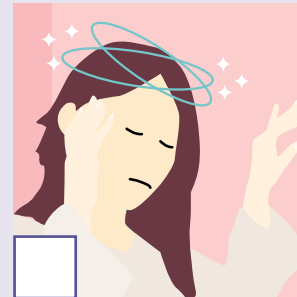
☐ I feel very tired and breathless during my period.



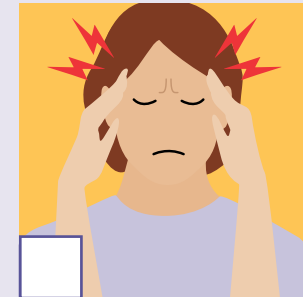
☐ It is painful when I poo or wee during my period.



☐ I can feel my own heartbeat during my period.



☐ I feel dizzy during my period.



☐ I get headaches during my period.



☐ I worry about how heavy my periods are.

When you get period pain, where does it hurt?

☐

My tummy

☐

My back

☐

My vagina

Somewhere else: _____

Does your pain start before your period begins? _____

How long have your periods been like this?

☐

Since my periods started

☐

For a number of years

☐

Recently