

Patient Education Material

Medicine to treat heavy menstrual bleeding

Females who have problems with heavy periods (heavy menstrual bleeding also known as menorrhagia mēne raj e), may need medication to help with getting a period to stop or slow down the bleeding. There are several options that may be offered to you. Please understand, not all options are available to everyone for a lot of different reasons.

One option that you may be asked to try is called Lysteda. Lysteda is not a hormone, and only has to be taken when your period starts. This is a nice option for some, so that you don't have to take a medicine all the time. Lysteda also lets the health care team to be able to get more blood work later, if it is needed. When hormonal medications are used, often more blood work may be harder to be used to diagnose a problem.

Another option is hormonal medications. Your body naturally makes hormones such as estrogen and progesterone. Sometimes your health care team may have you take medications that have these hormones in them. When the hormones are given as a medication, they help to take over for your body's hormones and can help control your bleeding.

If you are given a prescription for a medication, please be sure to take it as you were told. It is very important that you don't suddenly stop, or just not take it all.

Heavy menstrual (vaginal) bleeding

Heavy periods in teen girls can occur one time, or very often. This is also known as menorrhagia (mēne raj e), but now it is mostly called heavy vaginal bleeding.

Heavy vaginal bleeding is described as having a period that lasts more than 7 days, changing a pad or tampon hourly, passing clots (clumps of blood), bigger than 1 inch. There have been a lot of people studying about this, and there is a chart that we use sometimes to help us know how much of a concern this heavy bleeding will be for you. You may be given this chart and asked to fill it out, and bring it back with you to a clinic appointment. If you are asked to do this, it is very important that you complete it and bring it to your next clinic appointment.

There are some concerns for females with heavy vaginal bleeding. One of the concerns is that you have a bleeding disorder. A bleeding disorder is when there is a delay in your blood clotting. Some bleeding disorders are very mild and might not be known until

periods start. Other bleeding disorders can be more severe and need more help and more clinic visits. In order to find out if you have a bleeding disorder, blood work may need to be done. Sometimes, that blood work has to be done more than once.

If you don't have a bleeding disorder, your heavy bleeding might be because you don't have a monthly period, and the lining of your uterus is built up. In that case, medication might be very helpful for you. In this case, you may or may not need medicine, but this is something you and your provider can decide together.

These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly these guidelines should guide care with the understanding that departures from them may be required at times.