



Talking to your doctor about **excessive menstrual bleeding**

Before your visit

If possible, keep a journal to track your bleeding for a few cycles or try to write down notes from memory about your last few cycles. Take it with you to your next appointment. It should include the following information:

- # of days bleeding
- What type of protection you need each day (for example, light pantiliner or heavy pad, light or more absorbent tampon, or even double protection)
- How frequently you need to change protection each day
- If you notice any clots in your flow
- Any other symptoms (such as fatigue, cramps, headaches, irritability, etc.)
- How your life is affected by your periods (missing work, social or athletic activities, etc.)

Conversation starters

Maybe you've never discussed your heavy bleeding with your doctor and you're not sure where to start. Relax—it's a problem that affects 1 out of every 5 women, and your doctor is there to help. So don't be hesitant or embarrassed to bring it up at your next visit.

If getting the conversation started seems hard, try one of these openers:

- "I'd like to ask you a few questions about my menstrual cycle..."
- "I've noticed that my periods are different than they used to be..."
- "I've heard that a lot of women are getting treated for heavy periods... is this something I should consider?"

Questions to ask the doctor at your visit

- What might be causing my heavy bleeding?
- Do I need to have any tests?
- Is treatment right for me?
- What are my treatment options? What does each one involve?
- What is the best treatment for me?
- What types of treatments do you perform?
- What success rates have you had with each?
- Are there other patients you have treated that I could contact?

Notes and other questions
