

Period pain (dysmenorrhoea)

What is it?

Dysmenorrhoea means period pain. This is pain in your lower tummy around the time of your period. Some pain during your period is normal. It is not normal to have pain that stops you from doing your usual daily routine.

There are many things you can do to try to help your period pain, including:

- Regular exercise
- Pain relief medication
- Using a heat pack

If your period pain lasts more than a few days or gets worse, you should see your GP.

What will my GP do now?

Your GP will talk to you about your pain. They may ask questions about your cycle, your pain and any past and present health issues. This is to work out if your pain is caused by a health problem. They may do a health check of your pelvis, and may suggest other tests (such as [cervical cancer screening](#)).

Your GP may send you for a scan to check for problems within your pelvis. If the scan suggests you may need further testing, your GP may refer you to a specialist.

Your treatment will depend on what is causing your pain. If there is no clear cause, your GP may suggest some things to help you manage. These can include:

- Using a heat pack or hot water bottle on the lower back or tummy
- Using gentle massage on the painful region
- Lifestyle changes

There are medications to help reduce your symptoms. Your GP will let you know what's best for you.

What will my GP do in the future?

Your doctor will want to see you again after three months. They will check in to see if the treatment plan has helped your pain.

If you still have a lot of pain, your GP may suggest a new treatment plan for a few months. If your pain does not get better they may refer you to a specialist or a local Pelvic Pain Clinic.

What can I do?

Follow the treatment plan and advice of your GP. They may suggest these lifestyle changes:

- Avoid caffeine, smoking and alcohol
- Get enough sleep - around seven to eight hours each night
- Get moving - regular exercise can help with pain
- Think about weight loss if your current weight is not healthy
- Try some techniques that help you relax, such as deep breathing and muscle relaxation

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What supports are available?

View this health topic on the Health Resource Directory website (healthresourcedirectory.org.au) to find the right local supports and services for you.

What questions could I ask my doctor?

- What could be causing my pain?*
- Will medication help?*
- What symptoms should I look out for?*
- What if I am trying to get pregnant?*
- How do I know if my pain is normal or not?*
- What tests might I need?*



Where can I learn more?

- **Jean Hailes For Women** – Periods and persistent pelvic pain factsheets: jeanhailes.org.au
- **Healthdirect Australia** – Managing period pain: healthdirect.gov.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

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