

Heavy Menstrual Bleeding

What is it?

Heavy periods mean you bleed a lot during your normal menstrual cycle. They are common and affect many women. Most people lose 2 to 3 tablespoons of blood. Losing more than 5 tablespoons is a heavy period.

You may have a heavy period if:

- You change pads or tampons often
- If blood leaks through your clothes
- If you see clumps of blood

Heavy periods can happen for different reasons. Some causes blood clots, fibroids and polyps. This can make life harder for some girls and women. Heavy periods can make you feel tired because of low iron. You might feel dizzy, look pale or have pain or cramps.

What will my GP do now?

Your GP will ask about your general health and past medical history. They may organise an ultrasound to check your uterus and ovaries. They may also do a pregnancy test, cervical screen or blood test.

Treatment may include medication or hormone treatment. If your condition is serious, your GP may suggest surgery. They may also refer you to a specialist for more tests.

What questions could I ask my doctor?

- Why do I have a heavy period?*
- What treatment is best for me?*
- How can I improve my symptoms?*



What can I do?

Keep track of your period by noting when it starts, how long it lasts, how heavy the bleeding is, and how it affects your daily life, and share this information with your GP. Record this using an app on your phone or a diary. Especially if your symptoms are making everyday tasks difficult, so they can help you create a plan to manage your symptoms and feel more in control.

What supports are available?

Contact your local women's health centre [Women's Health Centres NSW](#)
There are a range of women's health services which can offer resources.

- [Jean Hailes: Creating a healthier future for all women](#)
- [Women's Health & Equity Information Hub](#)

Where can I learn more?

- **Better Health Channel** – menstruation: abnormal bleeding: betterhealth.vic.gov.au
- **RANZCOG** – heavy menstrual bleeding: ranzcof.org.au
- The Royal Women's Hospital Victoria – what is a heavy period? thewomens.org.au