

Abnormal Vaginal Bleeding

What is it?

Abnormal vaginal bleeding is bleeding that happens outside of your regular period, bleeding after sex, or after you've gone through menopause (when your periods have stopped for good). There are many reasons someone might have abnormal vaginal bleeding. It can happen because of changes in your body's hormones or due to infection.

What will my GP do now?

Your doctor will ask you questions about your bleeding. They may look at your medical health history and may do a physical check to try to find out what is causing the bleeding.

What will my GP do in the future?

Your doctor may do some tests. These could include:

- A cervical smear (Pap test)
- Swabs to check for infection
- A pregnancy test
- Blood tests
- An ultrasound

Once your GP knows the cause, they may start treatment which may include taking medicines such as, antibiotics, hormone therapy or in some cases refer you for surgery.

What questions could I ask my doctor?

- What medications can I take for the pain?*
- What treatment is best for me?*
- Should I avoid any activities?*



What can I do?

You can keep track of your bleeding by making note using an app on your phone or diary of when it happens and how heavy the bleeding is. It is also important to get enough sleep, eat healthy foods, and do light physical activity. To help with discomfort, you can take pain relief medicine and place a heat pack on your belly.

What supports are available?

Contact your local women's health centre through [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** – Irregular vaginal bleeding: betterhealth.vic.gov.au
- **SWSPHN** – Menstrual Flow / Pain Diary: [Health Resource Directory: Menstrual Diary](#)