

Patient information from BMJ

Last published: Oct 30, 2020

Heavy periods: questions to ask your doctor

If your periods are heavy, you may want to talk to your doctor. Here are some questions that you might want to ask.

- Why do you think my periods are heavy?
- What tests do you think I should have?
- Could my heavy periods be a sign of something serious?
- Is there anything I can do to make my periods lighter?
- What drugs can I take to make my periods lighter?
- Will drugs make a big difference to the amount of blood I'm losing?
- How long should I take this treatment?
- Does the treatment have any harmful effects? What should I do if I get any harmful effects?
- Do I still need to use contraceptives if I use this treatment, or does the treatment stop me from getting pregnant?
- Should I consider an operation? What type of operation would be best for me?
- What are the risks of having an operation?
- Will the operation mean that I'll not be able to get pregnant in the future? Will I still need to use contraceptives?

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