

## If you've answered yes to most of these questions, then you may have heavy menstrual bleeding (HMB) and should speak with your doctor.

Bring these results with you to your next doctor's visit for a more productive conversation.

1. During your period, do you soak through 1 or more pads or tampons every hour?

Yes  No

Soaking through 1 or more pads or tampons every hour for several hours in a row may be a sign of HMB.

2. Do you feel the need to double up on sanitary protection to control your bleeding?

Yes  No

If you're self-conscious about accidents and double up on using tampons and pads to protect against leakage, you may have HMB.

3. Do you have to get up during the night to change your pad or tampon?

Yes  No

Getting up during the night to change your pad or tampon may be a sign of HMB.

4. Does your period include large blood clots (size of a quarter or larger)?

Yes  No

Occasional clots smaller than a quarter generally are not a sign of HMB, but clots the size of a quarter or larger may be.

5. Do you feel fatigued or exhausted during your period?

Yes  No

If you feel fatigued during your period, it could be a sign that you may be experiencing HMB. If left untreated, HMB can cause anemia, which can leave you feeling tired and possibly short of breath.

6. Does your period cause you to cancel or change your daily plans?

Yes  No

If you feel the need to cancel your daily plans, call in sick to work, or plan your schedule around your period, you may have HMB.

7. Does your period usually last more than 7 days (from the day it begins until it completely stops)?

Yes  No

The average period generally lasts between 4 to 5 days. If your period lasts more than 7 days, you may have HMB.

