

Know Before You Go: Abnormal Uterine Bleeding

When should I go to the doctor?

If you have any of these symptoms, do not wait for your annual visit!

Whether or not you've gone through menopause, make an appointment with your doctor if you have:

- Multiple episodes of bleeding with 21 days of each other
- Heavy bleeding (more than 2-3 days of soaking a pad or tampon every hour for most of the day)
- Bleeding with sex
- Abdominal bloating not related to your monthly bleed
- Any vaginal bleeding after menopause at all

During your appointment, before any examination:

Talk about your bleeding symptoms, be prepared to tell your doctor all the details about any changes that you notice.

Notes on your bleeding:

What is normal for you? ___ days of bleeding, ___ days in between bleeding, ___ # of heavy days, ___ # of pads / tampons on heaviest days

What have you noticed that has changed?)

Ask questions!

Questions for your doctor:

Make a list of your questions, with the most important one at the top.

What to expect during your appointment:

- **Active listening to your symptoms**
- **Answers to all of your questions**
- **An exam – your doctor can do an exam if you are currently bleeding, this may include a pelvic exam**
- **A plan – if your doctor cannot say with certainty what is causing your bleeding that day, you should leave the visit with a plan for further tests and follow-up. You can ask if tests like an ultrasound or a biopsy would help determine the cause of your bleeding.**

What to expect after your appointment

- **Prompt follow-up on any additional tests**
- **A clear plan about how to identify the cause of your bleeding**
- **Confirmation of the cause for your bleeding after follow-up tests**