# Know Before You Go: Abnormal Uterine Bleeding

<table>
<thead>
<tr>
<th>When should I go to the doctor?</th>
<th>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:</th>
</tr>
</thead>
</table>
|                                 | • 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!

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

**Questions for your doctor:**

## 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