

# Talking to your doctor about excessive menstrual bleeding

## Conversation starters:

Maybe you've never discussed your heavy bleeding with your doctor and you're not sure where to start. Relax—it's a problem that affects 1 out of every 5 women, and your doctor is there to help. So, don't be hesitant or embarrassed to bring it up at your next visit.

If getting the conversation started seems hard, try one of these openers:

- "I'd like to ask you a few questions about my menstrual cycle..."
- "I've noticed that my periods are different than they used to be..."
- "I've heard that many women are getting treated for heavy periods... is this something I should consider?"

## Before your visit you should:

Keep a journal to track your bleeding for a few cycles or try to write down notes from memory that includes the following information:

- # of days bleeding
- What type of protection you need each day (for example, light pantliner or heavy pad, light or more absorbent tampon, or even double protection)
- How frequently you need to change protection each day
- If you notice any clots in your flow
- Any other symptoms (such as fatigue, cramps, headaches, irritability, etc.)
- How your life is affected by your periods (missing work, social or athletic activities, etc.)

## Questions to ask the doctor:

- What might be causing my heavy bleeding?
- Do I need to have any tests?
- Is treatment right for me?
- What are my treatment options? What does each one involve?
- What is the best treatment for me?
- What types of treatments do you perform?
- What success rates have you had with each?

## Notes and other questions

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**Important Safety Information:** NovaSure endometrial ablation is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following the NovaSure procedure can be dangerous. The NovaSure procedure is not for those who have or suspect uterine cancer; have an active genital, urinary or pelvic infection; or an IUD. NovaSure endometrial ablation is not a sterilization procedure. Rare but serious risks include, but are not limited to, thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting. If you, or someone you know, have possibly experienced a side effect when using our product, please contact your physician.

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