

Irregular Menstruation

**Are you concerned about the symptoms your cycle is creating?
Here's how to determine when to see a provider.**

CONSULT A PROVIDER

Cramps that are bad enough to miss school, even with medication

Pain inserting a tampon after practicing for several cycles

Soaking through a pad/tampon every hour for several hours in a row, or having to change the pad in the middle of the night

Having a previously regular period, after menstruating for more than 2 years, stop for more than 3 months

Passing large blood clots, having a period longer than 7 days, extreme change in ones emotions during certain times of your cycle

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COMMON SYMPTOMS

Cramps that are significantly reduced by over the counter medication

Some pain the first few times using a tampon

Changing a pad/tampon 3-5 times a day

Having irregular periods throughout the first two years after onset

Mild cramps, mood swings, sore breasts, acne and feeling more emotional than usual during certain times of your cycle

MAKE AN APPOINTMENT AT YOUR LOCAL CLINIC & LEARN MORE BY USING THE QR CODES BELOW.



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