

Heavy/Painful Periods

Patient Information Sheet

WCHN GP Collaborative Care - Discharge

Now that your periods are more manageable, your ongoing care can be with your GP. We suggest seeing your GP every 3 months to check how your periods and general health are going. This is the best way to keep your periods well controlled.

On the other side of this information sheet is your action plan to help you manage your periods.

Our research team will contact you to see how the action plan and GP care is working for you.

What do I do if my periods get worse?

This sometimes happens, and we suggest:

1. Check you are taking your medications as recommended in your Action Plan
2. Make an earlier appointment with your GP for additional help

If it is less than one year since your last WCH Gynaecology appointment, and you are still struggling with your periods, you can request a non-urgent review appointment with the WCH Gynaecology team.

To arrange an appointment email WCHOPDconsumerledreview@sa.gov.au. Subject: "heavy/painful periods".

WCH will try to organise an appointment within 3 months. Please see your GP during this time.

If you have new symptoms, or it is more than a year since you were seen by WCH Gynaecology, you will need to make an appointment with your GP for review and a new referral if appropriate.

Contact Details

WCHN GP Liaison &
Integration Unit

For questions about this Discharge project please email
Health.WCHNGPLiaisonResearch@sa.gov.au



OFFICIAL



Heavy/Painful Periods

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Action Plan: Heavy/Painful Periods

Patient Name:

Prepared by:

Date of Birth:

Date:

Stable

symptoms under control

Oral Contraception Pill (OCP):

- Take all the pills including sugar pills by following the packet
- Take active pill every day for three months and then have sugar pill for 4 days. This will mean you have a period every 3 months.
- Take active pills every day until you get breakthrough bleeding. Then take sugar pills for 4 days. The restart active pills. You must not have more than 4 days off active pills each month.

Pain prevention medication: e.g. *Amitriptyline/Duloxetine*

Instructions:

Other treatments: *Mirena / Implanon / Visanne*

Instructions:

See your GP every 3 months to help stay well

- ✓ **Make regular appointments with your GP every 3 months**
- ✓ **Keep active and complete pelvic stretches**
- ✓ **Use hot packs and TENs machines if needed**

Flare

symptoms are not well controlled

- Paracetamol 2 tablets 4x per day with periods and for pain between periods
- Anti-inflammatories (e.g. Ibuprofen) regularly, start 1-2 days before you get your period
- Tranexamic acid during your period for no more than 5 days
Dose _____ times per day
- Women's health physio and/or psychologist

Make an extra appointment with your GP

- ✓ **book a long appointment with your GP each month until symptoms are stable again**

Severe Flare

symptoms are much worse

- ✓ **Contact your GP for an appointment ASAP**
- ✓ **email WCHOPDconsumerledreview@sa.gov.au to book consumer-led review (only if you have been seen at WCH for this condition in the past 12 months)**

See your GP ASAP

EMERGENCY

If you have extreme, uncontrolled pain please go to an emergency department

This study has been approved by the Women's and Children's Network HREC, 2024/HRE00211.
For any queries contact: HREC Executive Officers Phone 08 81616521
Email: healthwchnresearch@sa.gov.au



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