

## Heavy Periods Self-Check

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

### Tick what applies (last 3 months):

#### Bleeding

- ☐ Soaking a pad/tampon in 1-2 hours on heavy days.
- ☐ Flooding/leaks that stain clothes or bedding.
- ☐ Large clots (bigger than a grape / 2-rupee coin).
- ☐ Bleeding lasts more than 7 days.
- ☐ Needing to change protection during the night.

#### Impact

- ☐ I avoid work/school/social plans because of bleeding.
- ☐ I feel tired, dizzy, breathless, or have palpitations.
- ☐ Spotting/bleeding between periods or after sex.

### Quick notes (fill in):

Heavy-flow days: \_\_\_\_\_

Total days: \_\_\_\_\_

Pads/day on heavy days: \_\_\_\_\_

### Book a check-up if ANY apply:

- You ticked 2+ items, OR symptoms affect daily life.
- Heavy bleeding continues for 3+ months.
- You may have anemia (fatigue, breathlessness, dizziness).

### Urgent care today if:

- Soaking 1 pad/hour for 2+ hours and feeling faint/dizzy.
- Possible pregnancy + bleeding/pain, or severe pain with fever/fainting.

### You shouldn't have to plan your life around bleeding.

Bring this page and say:  
"These symptoms affect my quality of life. I want a structured evaluation."

Important: This checklist helps notice patterns. It does not confirm a diagnosis.

## **Evita GyneCare Clinic**

### **Heavy Periods (visit prep)**

Bring this to make your consultation faster and more personalized.

#### **Bring / note these:**

- Dates of your last 2-3 periods (start and end).
- Your heaviest day: pads used; flooding/clots (yes/no).
- Any bleeding between periods or after sex.
- Current medicines (including hormones, aspirin/blood thinners).
- Past history: fibroids, thyroid problems, PCOS, anemia, surgeries.

#### **What your clinician may do:**

- Check vitals; assess anemia; pregnancy test if relevant.
- Ultrasound or other tests based on your symptoms.
- Discuss options to reduce bleeding and restore energy.

#### **You deserve clarity - and you deserve relief.**

To book: [evitagynecarehospital.com](https://evitagynecarehospital.com)