

Bleeding After Menopause Self-Check

If you've had no periods for 12 months, any bleeding should be checked.

Tick what applies:

What happened

- Any spotting or bleeding after 12 months without periods.
- Bleeding after sex.
- New watery/pink/brown discharge.

Associated symptoms

- Pelvic pain or pressure.
- Persistent bloating or early fullness.
- Vaginal dryness/burning or pain during sex.

Risk context (optional)

- On hormone therapy (HRT) or tamoxifen.
- Overweight, diabetes, or high blood pressure.

Quick notes (fill in):

Bleeding: spotting

moderate heavy

When: ___ / ___ / ___

On HRT? yes no

Book a check-up if ANY apply:

- Book urgently for any postmenopausal bleeding—even once.
- Bleeding after sex or persistent watery/bloody discharge.
- Any pelvic pain/pressure with bleeding.

Urgent care today if:

- Heavy bleeding with dizziness/fainting.
- Severe abdominal pain, fever, or fainting.

Early evaluation is the safest path. One check-up can bring peace.

Bring this page and say: "I had bleeding after menopause and want prompt evaluation."

Important: Self-awareness only. This does not confirm a diagnosis.

Evita GyneCare Clinic

Bleeding After Menopause Self-Check

(visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- Approx date of last natural period and bleeding start date.
- Any HRT/tamoxifen use and duration.
- Amount and duration of bleeding; any after sex.
- Pelvic pain, bloating, urinary symptoms.
- Past history: polyps, fibroids, prior biopsies, surgeries.

What your clinician may do:

- Consent-based exam and ultrasound if indicated.
- Discuss need for endometrial sampling based on assessment.
- Explain findings and outline next steps clearly.
- Provide timeline for follow-up and safety-net advice.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com