

*Wear
white
again.*
CO.UK

Be bloody confident

Period diary.

Treatment Options.

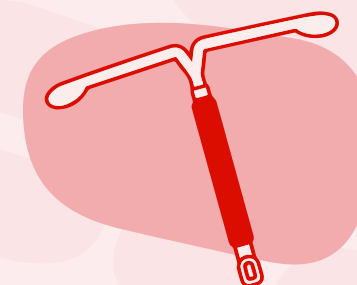
The following pages show a number of different treatment options that may be available to you.

You can use this information to discuss your treatment options with your GP.

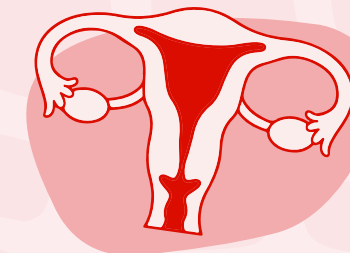
Treatment Types



GP/Primary Care
Non-hormonal



Primary Care
Hormonal



Secondary Care
Surgical

Primary Care Non-hormonal



e.g. NSAIDs, Tranexamic acid^{1,2}



For
Heavy bleeding, period pain

.....



Treatment type
Tablets

.....



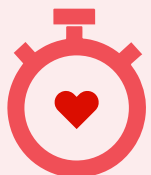
Treatment duration
Taken during each period

.....



Conception
Still possible

.....



Recovery time
Not applicable

.....



Success rate
NSAIDs – 20-50% reduction Tranexamic acid - 60% reduction^{1,2}



- Benefits**
- Reduces bleeding
 - Suitable for women trying to get pregnant
 - Non-invasive, self-administered
 - Helps with period pain
 - Not permanent



- Disadvantages**
- Risk of side effects
 - May take 3 months to take effect
 - Two tablets taken 3 times a day²

Primary Care

Hormonal

Contraceptive pill/injection or intrauterine hormonal system (IUS) e.g. Mirena^{®3,4}



For
Period pain, heavy bleeding

.....



Treatment type
Tablets, injection or inserted into the womb (coil)

.....



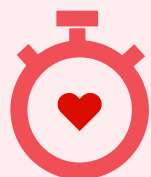
Treatment duration
Ongoing

.....



Conception
Still possible if treatment stopped

.....



Recovery time
Not applicable

.....



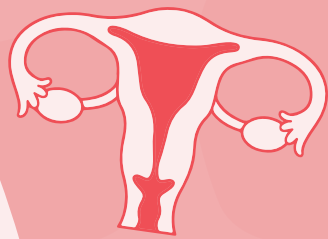
Success rate
67% reduction to normal bleeding (1yr)⁵



- Benefits**
- Retains fertility
 - Reduces bleeding
 - Taken by mouth or injection
 - Also functions as contraception
 - Not permanent



- Disadvantages**
- Risk of hormonal side effects
 - Tablets must be taken daily
 - Injections are needed every 12 weeks
 - It can take 3-6 months for treatment to take effect
 - May take 6-12 months to get pregnant after stopping treatment (injections)
 - 3-5 yearly replacement of coil




Secondary Care

Fibroid & Polyp Removal


Removal via hysteroscopy e.g. with MyoSure®6

- 


For
Intra-uterine fibroids and polyps

.....
- 

Treatment type
Minor operation

.....
- 

Treatment duration
An average of 10 minutes⁷

.....
- 

Conception
Still possible

.....
- 

Recovery time
May experience mild cramps post-procedure⁷

.....
- 

Success rate
95% for fibroids³, 99% for polyps⁸



Benefits

- Retains fertility
- Womb remains intact
- Excellent success rate⁷
- No pre-treatment required⁷
- Quick recovery
- Reduces bleeding

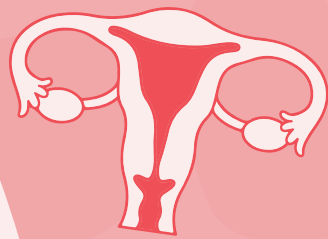


Disadvantages

- Requires local or general anaesthetic
- May need to be repeated
- Contraception still required

Uterine artery embolization: This is a procedure where an interventional radiologist uses a catheter to introduce an embolizing agent into the arteries supplying the fibroid.

It is less invasive and can be performed awake with a short recovery time and it may preserve fertility. However, there is a likelihood that the procedure will need to be repeated, or that surgical intervention will be needed within 2 – 5 years.⁹





Secondary Care

Endometrial Ablation


Removal of the womb lining e.g. with NovaSure®¹⁰


 **For**
Heavy bleeding
.....


 **Treatment type**
Minor operation that removes the uterine lining while preserving the uterus (womb) to reduce or eliminate bleeding¹⁰
.....

 **Treatment duration**
Average treatment time is 90 seconds¹⁰ (max 2 mins)
.....


 **Conception**
No longer possible
.....

 **Recovery time**
Possible post-procedure cramping, pain, nausea, vomiting, vaginal discharge and vaginal spotting/bleeding¹⁰
.....

 **Success rate**
98% successful reduction in bleeding (1 yr)¹¹

 **Benefits**

- One-off treatment
- Safe and effective
- Excellent success rate
- No pre-treatment required
- Can be performed any time during the menstrual cycle under local anaesthetic¹⁰
- Quick recovery
- Bleeding decreases or stops entirely

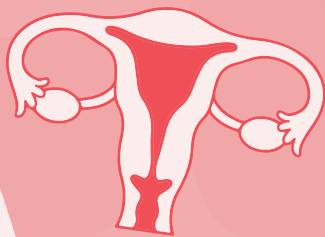
 **Disadvantages**

- Not suitable for women who want to get pregnant¹⁰
- Only suitable for pre-menopausal women
- Requires local or general anaesthetic
- Cannot be reversed¹⁰
- Contraception still required¹⁰

Secondary Care

Hysterectomy

Removing the womb and possibly ovaries



For
Removing the womb and possibly ovaries

.....



Treatment type
Major operation to remove the uterus (womb)

.....



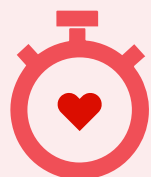
Treatment duration
• 1 hour (vaginal surgery)
• 2 hours (keyhole surgery)

.....



Conception
No longer possible

.....



Recovery time
2-8 weeks

.....



Success rate
100%



Benefits
• Stops periods
• Permanent solution



Disadvantages
• Major surgery with associated risks
• Requires general anaesthetic
• May cause early onset of menopause¹²
• Cannot be reversed
• Hormone therapy is sometimes required
• Typically the last option for women not responsive to other treatments



1 in 5 women suffer with heavy periods¹³

Treating Heavy Periods

Since heavy bleeding can develop gradually, you may get used to it, or at least manage it. Often women do not realise that continuous heavy periods are a treatable medical condition, called menorrhagia.

There are a number of treatment options available that can help give you back control of your life.

Tracking your periods

Use this period diary to help you and your doctor understand your periods and the symptoms you experience. Your doctor can then discuss potential treatment options with you.

How to use this diary

in 5 easy steps



Add the month



Tick the box that best describes your blood loss during the day – description below



If you experience any pain, rate your highest pain score over the day, according to the pain score chart on the next page



Add any additional information about symptoms you are feeling



Return to your GP when your diary is complete for further advice on your best treatment options

This diary will enable you to track your period for 3 months.

Discuss with your GP whether it is beneficial to keep tracking your period further.

We recommend to continue tracking your symptoms if you are between treatment pathways.

Measurement Guide

Symptoms

Tiredness

If you experience extreme tiredness (fatigue), tick the box on the relevant day.

Blood Loss

Heavy or strong flow during menstruation can cause blood to accumulate within the womb faster than the body can completely and properly expel it. When this happens blood pools and clots.

If you experience a blood clot larger than a 10p coin and/or experience pooling/flooding, tick the box.

When do I need to change my period products?



Light Flow
Changing period products every 3–5 hours



Medium Flow
Changing period products every 2–3 hours



Heavy Flow
Changing period products every 1–2 hours*

Flow Gauge

Tampons



Light



Medium



Heavy

Towels



Light



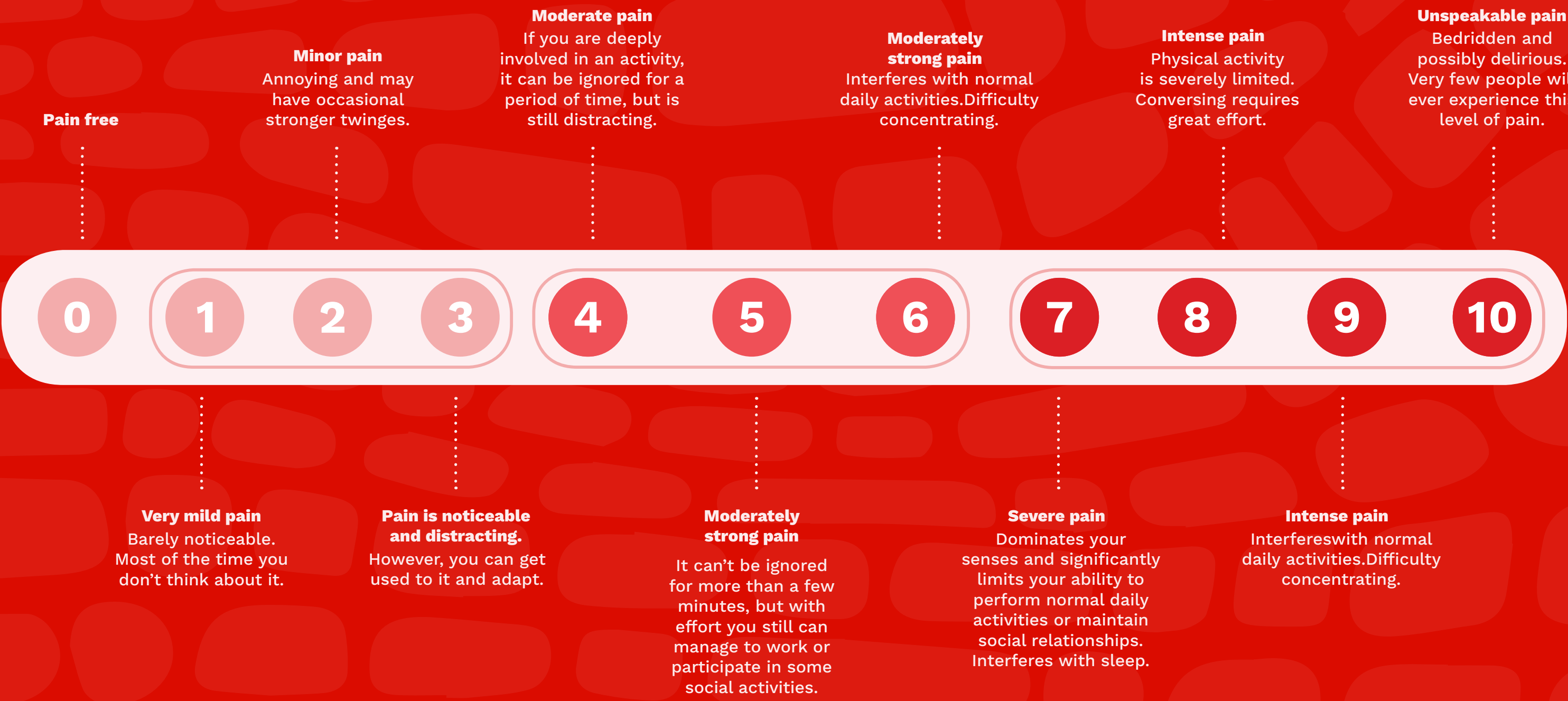
Medium



Heavy

*Doubling up using multiple period products at the same time.

Pain score chart.



Pain Levels:

-
- 1/2/3 – **Mild Pain** Nagging, annoying, but doesn't really interfere with daily living activities
- 4/5/6 – **Moderate Pain** Interferes significantly with daily living activities
- 7/8/9/10 – **Severe Pain** Disabling; unable to perform daily activities
-

Days

Days

Month 3

	Blood Loss			Pain (0–10)	Tiredness	Clots
	Light	Medium	Heavy			
e.g.		✓		6	✓	✓
1						
2						
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For more information or advice, please contact your local GP, or visit [wearwhiteagain.co.uk](https://www.wearwhiteagain.co.uk)



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Wear White Again is a Hologic Campaign.

References: **1.** Lopes J.E. Jr, Sherer E. Managing menorrhagia. Evaluating and treating heavy menstrual bleeding. Adv NPs PAs. 2010;1:21-25. **2.** Medscape [Internet], Tranexamic acid oral (Rx) Last Accessed: 02 August 2023. Available from: <https://reference.medscape.com/drug/lysteda-tranexamic-acid-oral-999903> **3.** Maybin JA, Critchley HO [Internet]. Medical management of heavy menstrual bleeding. Womens Health (Lond) 2016 Jan; 12(1):27-34. Last Accessed: 02 August 2023. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728737/> **4.** NHS Hull University Teaching Hospitals [Internet]. Intra-uterine System (Mirena) for Heavy Periods; c2017-2023. Last Accessed: 02 August 2023. Available at: <https://www.hey.nhs.uk/patient-leaflet/intra-uterine-system-mirena-heavy-periods/>. **5.** Ilstre, O. and Trolle, B [Internet]. Treatment of menorrhagia with the levonorgestrel intrauterine system versus endometrial resection; c2001-2023. Fertility and sterility, 76(2), pp.304-309. Last Accessed: 02 August 2023. Available from: <https://pubmed.ncbi.nlm.nih.gov/11476777/>. **6.** The Myosure tissue removal suite: Real-world experience and Clinical Data – HOLOGIC.MED-00432-EUR-EN Rev 001. **7.** Hologic inc [Internet]. What you should know about intrauterine fibroids and polyps – PP-01976-GBR-EN Rev 002. Last Accessed: 13 September 2023. Available from: <https://www.hologic.co.uk/sites/default/files/2023-05/MyoSure%20Patient%20Pamphlet%20GBR%20EN.pdf>. **8.** Rubino RJ, Lukes AS [Internet]. Twelve-month outcomes for patients undergoing hysteroscopic morcellation of uterine polyps and myomas in an office or ambulatory surgical center. J Minim Invasive Gynecol. 2015 Feb;22(2):285-90. Available from: <https://pubmed.ncbi.nlm.nih.gov/25446547/> **9.** NICE/National Collaborating Centre for Women's and Children's Health [Internet]. Heavy menstrual bleeding; c2007-2023. Last accessed 02 August 2023. Available from: <https://www.nice.org.uk/guidance/ng88/evidence/full-guideline-pdf-4782291810>. **10.** NovaSure Instructions for Use (IFU) MAN-08932_4270_002. Rev 002. **11.** Gimpelson R.J. Ten-year literature review of global endometrial ablation with the NovaSure device. Int J Womens Health. 2014;6:269-280. **12.** Siddle N, Sarrel P, Whitehead M. The effect of hysterectomy on the age at ovarian failure: identification of subgroup of women with premature loss of ovarian function and literature review; 1987-2023. Fertility and sterility, 47(1), pp.94-100. **13.** HQIP: National Heavy Menstrual Bleeding Audit (2011) – A national audit to assess patient outcomes and experiences of care for women with heavy menstrual bleeding in England and Wales. Available at: <https://www.hqip.org.uk/wp-content/uploads/2018/02/guide-to-quality-improvement-meth-ods.pdf> (Accessed: 13 October 2023).

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