

# Identifying Bothersome Bleeding: **The 3 Key Questions**

## How much do you **bleed**?

- Do you need to change your sanitary protection during the **night/wake up** during the night to change protection?
- During your heaviest days, did you ever have bleeding where you bleed **through a tampon** or sanitary pad in **under 2 hours**?

1

## Does it affect you **physically**?

- Do you pass large **blood clots** during your period?
- Have you ever felt **faint or breathless** during your period?

2

## Does your monthly bleeding affect your **daily life**?

- Do you have to organise your **social activities** around your menstrual bleeding?
- Are you concerned about having **accidents** related to your bleeding?

3