

# PERIOD MANAGEMENT

STAYING INFORMED, STAYING HEALTHY



## WHY DO PEOPLE EXPERIENCE PAIN DURING THEIR PERIOD?

When people experience pain during their period, this is often caused by the squeezing of the muscles in the uterus wall. This happens because the uterus is trying to push menstrual blood out through the vagina. This pain is also known as 'cramps'.

## WHAT CAN I DO TO HELP EASE PAIN CAUSED BY PERIODS?

**Painkillers:** (e.g. paracetamol and ibuprofen) can be purchased at supermarkets and pharmacies. Paracetamol and ibuprofen can be taken together if the pain is strong. Remember to make sure painkillers are taken regularly on your most painful days to stop the pain from building up.

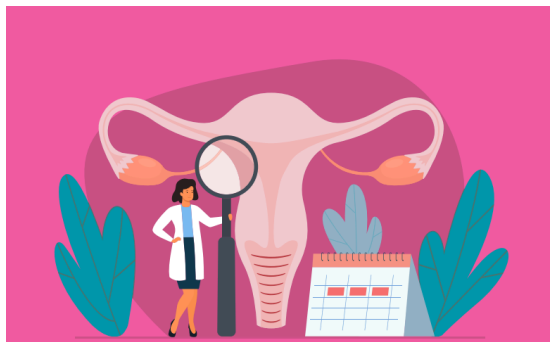
**Heat:** hot water bottles, heat packs on the stomach or having a hot bath can soothe pain.

**Gentle Exercise:** Walking or yoga can help ease pain.

**Reduce stress:** Stress can make period pain worse. To reduce stress, you could prioritise taking time to relax.

**Self-Care:** Having a period can be a challenging experience, both physically and emotionally! It is important to prioritise your health by doing things that make you feel good, such as:

- Exercise
- Diet
- Regular Sleep



## MENSTRUAL HEALTH GUIDE

Visit Menstrual Health Project and download their **Complete Menstrual Health Guide** for medically-backed information on menstrual health and wellbeing.

**ALWAYS** make sure you are getting **evidence based information** on your health!

**ACCESS  
SUPPORT**



**SCAN THE QR CODE TO ACCESS RESOURCES AND LINKS TO SUPPORT YOUR HEALTH AND WELLBEING.  
FOR PERIOD SUPPORT SCROLL TO THE 'HEALTHY RELATIONSHIPS AND SEXUAL HEALTH' TAB**



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## HOW MUCH PAIN IS TOO MUCH PAIN? WHAT TO DO IF YOU ARE NOT MANAGING YOUR PERIODS.

A small amount of period pain is common. However if you are experiencing pain that is stopping you from doing your daily activities, such as going to school and exercising, then this is too much pain and you should go to see your GP/doctor to discuss this, as it may be a sign that you have a menstrual health condition that requires medical support. Use this period symptom checker to see if you need to seek a healthcare professional. This website also compiles your results into a letter to take to your doctor.

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Home / What we do / Campaigns / "Just a Period" / Period Symptom Checker

### Period Symptom Checker

If period pain or heavy bleeding is negatively impacting your life, our symptom checker can help. Answer a few short questions about your experiences and find out if you should see a healthcare professional.

Start now →

Visit :

<https://www.wellbeingofwomen.org.uk/what-we-do/campaigns/just-a-period/period-symptom-checker/>

## YOU SHOULD SEE YOUR GP/ DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:

- If you're finding managing your periods difficult
- Irregular periods (less than 21 days or more than 35 days between periods)
- Heavy periods (e.g. need to change products more often than recommended on their packaging, such as changing pads every 1-2 hours)
- Periods that last more than 7 days
- Bleeding in between periods
- Period pain that affects your quality of life
- Blood clots larger than a 10p coin
- Vaginal discharge with a bad smell

### Toxic Shock Syndrome (TSS)

Toxic Shock Syndrome is a rare but life-threatening condition caused by a bacterial infection. To prevent TSS change products regularly. Never leave tampons or menstrual cups in longer than recommended on packaging.

**Maintaining hygiene :** Showering/bathing regularly is important especially when using internal menstrual products

## WHERE TO SEEK HELP

- School Nurse
- GP
- [Homerton Sexual Health Service](#)
- [Health Spot City and Hackney](#)



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