

Are my periods too heavy?

Heavy periods symptom checklist

It is not always easy to know if your periods are heavier than they should be. This checklist can help you find out. Tick the boxes to show how often you experience these signs and symptoms with your periods. Take the checklist with you when you visit your doctor.

Signs and symptoms	Never	Sometimes	Often	Always
Filling or soaking period products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needing to change products hourly or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needing to change products overnight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having blood clots bigger than 3 cm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flooding onto your bedsheets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cramping or pain in your lower abdomen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bleeding that lasts more than seven days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leaking blood onto your clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Periods that impact your regular activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other signs and symptoms

Heavy periods can lower your iron levels. This means you might also experience:

- fatigue or exhaustion
- dizziness or lightheadedness
- shortness of breath
- paler skin than usual.

If symptoms are affecting your quality of life, talk to your doctor

They will ask about your symptoms and your medical history, and may recommend some tests. And remember, different period products hold different amounts of blood. Some products make it harder to tell if your periods are heavy. Talk about this with your doctor if you are worried.

Learn more about periods

There's so much more about periods to explore on our website. Scan the QR code or visit jeanhailes.org.au/health-a-z/periods

