

# Anticoagulation and your periods

## Information for menstruating women

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

# What is an anticoagulant?

An anticoagulant works by slowing down how long it takes for your blood to clot and so helps to prevent and treat blood clots.

## How will taking an anticoagulant affect my periods?

Some women taking this medication do not notice any difference in their periods. But, you may have periods that:

- Are heavier, and/or last longer.

To a certain extent, this is to be expected, because of how anticoagulants work.

## What is not normal?

When you are taking an anticoagulant, it is not normal to:

- Have to change your period protection (sanitary towels, tampons, moon-cup) every two hours or more often to keep up with the bleeding.
- Have 'flooding' or blood leaking through to your clothes or bedding.
- Be unable to go out, see your family or friends or go to work because of the amount of bleeding.
- Have continuous bleeding that lasts a lot longer than your usual period.

When you did not normally experience any of the above before you started taking the anticoagulant medicine.

## How can I make this less likely to happen?

Before you start taking anticoagulants, please let the team looking after you know if you:

- Are taking hormonal therapy to regulate your periods.
- Have fibroids or adenomyosis.
- Already have heavy periods.

If you have heavy periods, also tell them if you usually:

- Pass large clots during your period (thicker than 2cm/1inch). It is normal to see clots in menstrual blood but if yours are large, this can be a sign that you are losing more blood.
- Need to change your period protection during the night.
- Have leaking through pads/tampons.
- Have to wear tampons and pads at the same time.

If you are taking the contraceptive pill, do not stop taking this without discussing it with us at the anticoagulation clinic.

## Can I do anything if I do have heavy periods?

Yes. There are number of ways to help manage them. Sometimes you might need extra iron and your GP can do a blood test to check your iron levels.

Other things we/your GP can do to help manage heavy bleeding during your periods include:

- Prescribing you a different anticoagulant.
- Prescribing you an extra tablet to take during your period to help reduce blood loss.
- Prescribing you hormonal therapy to help regulate your periods.
- Fitting you with an intra-uterine device (coil).

If you do have heavy periods or are worried about having them, contact us at the anticoagulation clinic and we will discuss with you your best options.

### Who can I contact with queries or concerns?

If you are being treated at Whiston hospital: Telephone 0151 290 4176

Out of hours, contact 111 by phone or online.

### How can I find out more about Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE)?

Please ask your doctor, pharmacist, nurse or the anticoagulation clinic team for more information. You can also find useful information on the Thrombosis UK website, [www.thrombosisuk.org](http://www.thrombosisuk.org)

### PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS  
Whiston Hospital,  
Warrington Road,  
Prescot,  
Merseyside,  
L35 5DR

Telephone: 0151 430 1376

PALS  
Southport Hospital  
Town Lane  
Southport  
Merseyside  
PR8 6PN

Telephone: 01704 704 703

Whiston Hospital  
Warrington Road, Prescot,  
Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road, St Helens,  
Merseyside, WA9 3DA  
Telephone: 01744 26633

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

Southport Hospital  
Town Lane, Kew, Southport,  
Merseyside, PR8 6PN  
Telephone: 01704 547 471