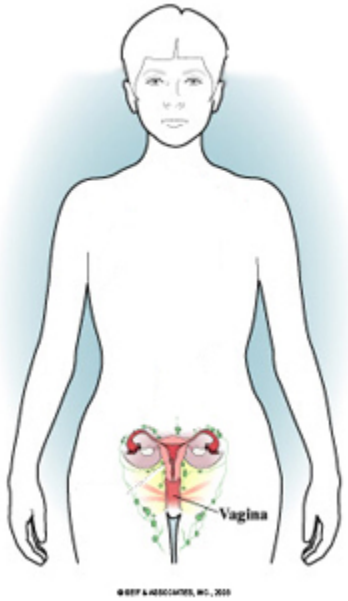
Abnormal Vaginal Bleeding

Abnormal vaginal bleeding (AVB) means bleeding from the vagina other than that of a normal menstrual period. Bleeding may be heavy or light. It may last for days or come and go. There are a many problems that may cause AVB.



HOME CARE

- Keep track of your periods on a calendar, if they are not regular.
- Use a piece of paper or a form and write down:
  - How often pads or tampons are changed.
  - The size and number of clots, if there are any.
  - A change in the color of the blood.
  - A change in the amount of blood.
  - Any odor.
  - The time and strength of cramps or pain.
- Limit activity as directed.
- Eat a healthy diet.
- Do not have sex until your doctor says it is OK.
- Never have unprotected sex unless you are trying to get pregnant.

Only take medicine as directed by your doctor.

GET HELP RIGHT AWAY IF:

- You or your daughter gets dizzy or feels faint when standing up.
- You or your daughter has to change pads or tampons more than once an hour.
- You or your daughter feels a sudden change in your pain.
- You or your daughter starts bleeding heavily.
- You or your daughter has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

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