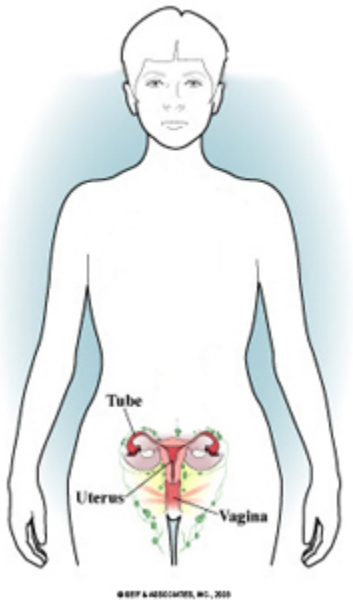
Postmenopausal Bleeding

Postmenopausal bleeding is when you have bleeding from the uterus 12 months after you stopped having menstrual periods. It could also be if you are still having menstrual periods and you are 55 years old or older.

HOME CARE



- Get yearly physical exams. This includes a pelvic exam and Pap test.
- Call your doctor if you are in the menopause and have vaginal bleeding after sex.
- Stop taking hormones. Talk to your doctor about this.

GET HELP IF:

- You are passing clumps of blood (*blood clots*).
- You have more bleeding than when you were having periods.
- You are having a lot of pain with the bleeding.
- You have a temperature by mouth above 102° F (38.9° C).
- You start to have belly (*abdominal*) pain.
- You pass out.

GET HELP RIGHT AWAY IF:

- The bleeding lasts for more than one week.
- You have bleeding and need more than one pad an hour.
- You have signs of infection. These signs include fever, chills, headache, dizziness and muscle aches.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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