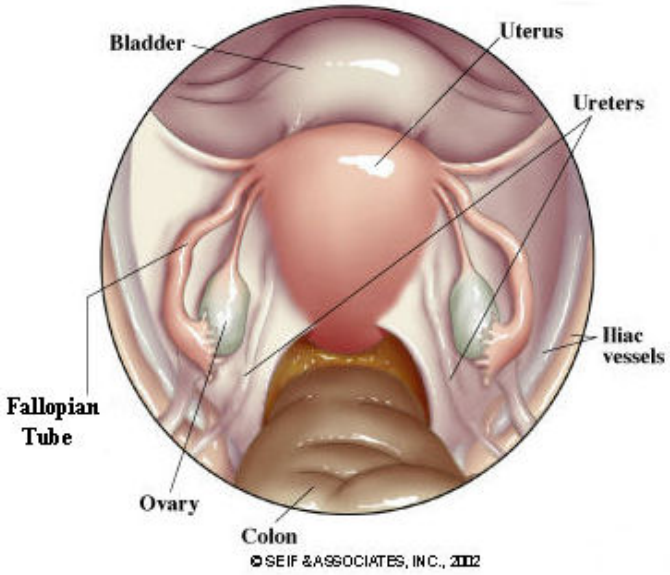
Metrorrhagia (Heavy Uterine Bleeding, Especially Between Periods)

Dysfunctional uterine bleeding is different from normal menstrual cycles. Metrorrhagia is when periods are heavy and there is bleeding between periods. It may be caused by a hormonal imbalance or a physical or metabolic problem. A physical examination is necessary in order for your caregiver to treat treatable causes. A D & C may be necessary if this is a continuing problem. That means that the *cervix* (the opening of the uterus or womb) is *dilated* (stretched larger) and the lining of the *uterus* (womb) is scraped out. The tissue scraped out is then examined under a microscope by a specialist *(pathologist)* to make sure there is nothing of concern that needs further or more extensive treatment.



HOME CARE INSTRUCTIONS

- If medications were prescribed, take exactly as directed. Do not change or switch medications without consulting your caregiver.
- Long term heavy bleeding may result in iron deficiency. Your caregiver may have prescribed iron pills. They help replace the iron your body lost from heavy bleeding. Take exactly as directed. Iron may cause constipation. If this becomes a problem, increase the bran, fruits and roughage in your diet.
- Do not take aspirin or medicines that contain aspirin one week before or during your menstrual period. Aspirin may make the bleeding worse.
- Stay in bed and rest as much as possible until the bleeding stops if you need to change your sanitary pad or tampon more than once every 2 hours.
- Eat well-balanced meals. Eat foods high in iron. Examples are leafy green vegetables, meat, liver, eggs, and whole grain breads and cereals. Do not try to lose weight until the abnormal bleeding has stopped and your blood iron level is back to normal.

SEEK MEDICAL CARE IF:

- You develop *nausea* (feeling sick to your stomach) and vomiting, dizziness, or diarrhea while you are taking your medicine.
- You have any problems that may be related to the medicine you are taking.

SEEK IMMEDIATE MEDICAL CARE IF:

- An oral temperature above 102º F (38.9º C) develops.
- You develop chills.
- You become lightheaded or faint.
- You need to change your sanitary pad or tampon more than once an hour.
- The bleeding becomes very heavy, or you begin to pass clots or tissue.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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