

# Patient information from BMJ

Last published: Apr 17, 2023

## Heavy periods: questions to ask your doctor

**If your periods are heavy, you may want to talk to your doctor. Here are some questions that you might want to ask.**

- Why do you think my periods are heavy?
- What tests do you think I should have?
- Could my heavy periods be a sign of something serious?
- Is there anything I can do to make my periods lighter?
- What drugs can I take to make my periods lighter?
- Will drugs make a big difference to the amount of blood I'm losing?
- How long should I take this treatment?
- Does the treatment have any harmful effects? What should I do if I get any harmful effects?
- Do I still need to use contraceptives if I use this treatment, or does the treatment stop me from getting pregnant?
- Should I consider an operation? What type of operation would be best for me?
- What are the risks of having an operation?
- Will the operation mean that I'll not be able to get pregnant in the future? Will I still need to use contraceptives?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

## Heavy periods: questions to ask your doctor

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



**BMJ** Group