

Medications for Heavy Periods



Hormonal Medications

Medication	Instructions	Tips	Side Effects
Hormonal Birth Control Pills or Progesterone-Only Pills	<ul style="list-style-type: none"> Take by mouth Take EVERY day at about the same time 	<ul style="list-style-type: none"> Some pills have different color pills during the last week of each pack – these are called “placebo pills” (or reminder or sugar pills) You will usually get your period on the 3rd or 4th day of placebo pills You may be told by your medical provider to skip the placebo pills and go right to a new pack of pills. This prevents you from having a period that month, which helps you to recover from anemia. <p><i>*Menstrual suppression (skipping your period) is safe. When you take hormone pills continuously, the lining of your uterus becomes very thin, so there is no build-up of blood or tissue. This is temporary and will not affect your ability to have children in the future.</i></p>	<ul style="list-style-type: none"> Nausea/vomiting Headaches Mood changes Irregular bleeding, especially with missed pills <p>Things to Look Out For:</p> <ul style="list-style-type: none"> Swelling, pain or redness to one leg, without an injury Severe chest pain, shortness of breath, palpitations <p><i>These can be symptoms of a blood clot in your veins and are very unusual with hormone use but can happen. If they occur, we want you to go to the nearest emergency department to be evaluated right away!</i></p> <ul style="list-style-type: none"> Call your healthcare provider if you are having other symptoms
Hormonal Patch (Xulane) Hormonal Ring (Nuvaring)	<ul style="list-style-type: none"> Follow instructions from your provider 	<ul style="list-style-type: none"> Patch: applied to the skin and changed once per week Ring: inserted into the vagina and changed once per month 	<ul style="list-style-type: none"> Nausea Headaches Mood changes Irregular bleeding <p>Things to Look Out For:</p> <ul style="list-style-type: none"> Same as birth control pills above
Hormonal Shot (Depo-Provera)	<ul style="list-style-type: none"> Injection Given every 3 months by medical provider 	<ul style="list-style-type: none"> Make sure to eat healthy and do lots of physical activity since your appetite may increase 	<ul style="list-style-type: none"> Irregular bleeding at first and eventually much less frequent periods Increased appetite/weight gain

Non-Hormonal Medications

Medication	Instructions	Tips	Side Effects
Lysteda (tranexamic acid)	<ul style="list-style-type: none"> Take by mouth Take during days 1-5 of your period Please call your healthcare provider if there is persistent bleeding 	<ul style="list-style-type: none"> Take 3 times per day for all 5 days: morning, afternoon, evening Does not work as well if only taken for 1-2 days Avoid ibuprofen (Advil, Motrin) and aspirin Do not take if already taking Amicar 	<ul style="list-style-type: none"> Headaches Abdominal Pain
Amicar (aminocaproic acid)	<ul style="list-style-type: none"> Take by mouth Take during days 1-5 of your period Please call your healthcare provider if there is persistent bleeding 	<ul style="list-style-type: none"> Take 4 times per day for all 5 days: morning, afternoon, evening, bedtime Does not work as well if only taken for 1-2 days Avoid ibuprofen (Advil, Motrin) and aspirin Do not take if already taking Lysteda 	<ul style="list-style-type: none"> Stomach Issues