Periods on copper IUD suddenly became easier? Hello! I would like to ask if any of you have had a similar experience. My girlfriend is on her third day of her period, and past cycles have been disastrous in terms of bleeding and cramping, but from the past one to this one, it seems to have changed drastically, she is having normal bleeding and little to no cramping (her cycle went from 32-33 days to 29, as her cycles used to be before the IUD). Does this mean that she had adjusted to the IUD? is it normal for it to happen from one month to another? Thanks in advance! Id say her body has finally come back to middle ground after having the IUD inserted. If her period next month is similar to her current one, youll have a better idea. But yeah, it can happen pretty quickly! if thats the case, its music to my ears thankss Hopefully your girlfriend will feel better now! Ill be honest, I had very, very heavy periods for months after getting the copper IUD. I had to lay a towel on the bed when I went to sleep, because Id bleed through a tampon AND pad overnight. It started to calm down about 7-8 months later. My periods were still much heavier than before, but manageable. Fast forward 1-2 years, I have light periods and barely any cramps, sometimes none at all. The amount of time it takes for each womans body to adjust is different, but it will adjust eventually. It sounds like it took less time for her than it did for me. In the meantime, Id recommend using a menstrual cup. Once you get the hang of it, there are a lot of benefits. Theyre made of medical grade silicone, so you can leave them in for 12+ hours or more without risk of toxic shock syndrome. This means you can insert it early, before you expect your period, and avoid any leaks. They also hold much more fluid, so even if youve got a heavy flow, you dont need to rinse out the cup as often. Theres also the benefit of never having to worry about having enough tampons with you—its reusable and great for the environment. Not to sound like a menstrual cup ad, but it was a game changer for me! Hopefully your girlfriends body has adjusted and all will be well moving forward :) Or a menstrual disc!! Which has the added benefit of enabling mess-free penetrative sex during your period too :)

Weird period Hey everyone, just for extra information I have a copper IUD and have for 3 years. My periods are always a normal/heavy flow and on TIME. I just started bleeding 2 days ago— but a WEEK earlier than usual. Its mainly been brown but I have had a little bright red in there. Its also super light—not enough for a tampon but never near filling a pad. I was thinking implantation bleeding but I feel like it wouldnt go on for 2-3 days and have any bright color at all. Anyone else had this before?? Not a medical professional but it sounds like its just an early period. Have you taken a pregnancy test? I was thinking the same thing, but its way different than my normal periods (way way lighter). Also Ive had on time periods for years and it being early is weirding me out. But it might be nothing to sweat about. Im going out later to purchase a test No need for you to share your age here, but have a read online about how periods change from your 20s to your 30s and again when you get to your 40s. Did you have the flu, any other health issues or any stress lately? My periods went really weird after I had covid for a couple of months, for example. Im sure everything is fine but I would still get the test!

The Mirena IUD is 100% effective; you cant have sex if you cant stop bleeding (sarcasm) I had the Mirena IUD inserted around the 20th of June. Starting on July 3rd I started bleeding and figured it was just my first period since having my baby. Fast forward to today and Im STILL bleeding. Please someone tell me that this gets better. I cant do oral contraceptives because I have a hyper sensitivity to the hormones. In so exhausted of dealing with this. When I got my Mirena, I literally bled for 32 days straight before it stopped. I went back to the doctor twice because I thought something was wrong! Its been 3.5 years now and Ive only spotted a couple times. It was totally worth it for me! Just curious, why did you choose a hormonal IUD over copper if youre sensitive? I know its a very small amount comparatively but I also didnt love the pill because of how it made me feel so I was wary of the hormonal options. I ultimately went with Paragard because of that, and it lasts longer, but the discomfort and amount of bleeding is apparently greater with copper than hormonal so Im surprised to hear this! I didnt have anything like what youre going through, but my periods in general were wayyy more intense for about a year, and they last a bit longer now. (Also, ovulation hurts more than when Im bleeding? Idk) I see someone else has said they had a similar issue and theyre fine now, but if youre able to consult your doctor about this that would be a good idea just to be safe. Sorry youre having such a rough time! I didnt count the days, but I think it was over three weeks for me. A friend had a similar experience. I actually almost chose the copper IUD but I unfortunately have a metal allergy so I decided to steer clear of it and my doctor agreed. I am super nervous about the Mirena having the hormones but my doctors really tried hard to explain its a super low and steady dose so I decided to give it a chance. I will not hesitate to get it removed if it makes me crazy. Oh. Dear. God. I hope I dont bleed that long. I do appreciate you sharing your experience though because it makes me feel a little better about something being wrong. Oh man. Hand me the bottle of wine and chocolates. A good cry session is in order, Im so over this. Lol Oh no! I didnt even consider a metal allergy, Im sure that would have been horrible to have an allergic reaction in your uterus! My gyno assured me the same way about the low levels of hormones, but I was pretty set on copper. I will say that your body is PROBABLY not reacting to hormones but rather the foreign object that got shoved inside it. Its pretty unnatural for it to be there! I didnt have nonstop bleeding for such long periods, but I did have a lot of spotting which I used to never have. I really hope it gets better for you! The Mirena has been the one form of hormonal contraception that hasnt fucked with my bipolar and still stops me having a period Im sorry to hear that! I had bled for 5 months prior to my IUD, and it has been a wonderful answer to my issues. Good luck, I know its frustrating to deal with the bleeding. My sister had a similar experience, she thoughed it out and it did get better. The first few months with mirena suck so much but if you can manage them it pays off. So, caveat thst I had my mirena inserted during my last round of Oh No, Endo surgery, so some of my post-insertion bleeding was almost certainly due to that, but yeah. I did have a few weeks of the Neverending Period, which offended me deep into my soul (predominantly because for about 6 months prior to that Id essentially had no periods at all due to being put back onto the hardcore endo meds that basically shut down your gonadotrophin production at the pituitary level, but also kind of fucks up your bone marrow after a few doses, otherwise I would be on that shit full time, no I dont even care that its a 14G cannula into my abdomen every 28 days &amp; I look like a fing dot-to-dot), but once that settled I kinda had one or two normal periods and now its just sometimes a day or spotting once a once. Still get some cramps. Bastards are at least OTC-managable, though, which a distinct improvement! Glad to know it worked for you! Ill just keep being patient. Thank you for sharing with me. Ill just keep being patient. I had mine inserted at my 6 week postpartum appointment and my doctor mentioned there may be spotting for up to six months. A week later I started bleeding. It was like a period for about two weeks then light bleeding continuously for about 4 months and spotting for another month. I also called back and he reiterated that he had mentioned spotting ... I am not sure he understands that spotting is not usually the term used for continuous bleeding for months on end! It did eventually stop but I was very unimpressed. I had the mierna IUD for 6 years (not recommended, but due to pandemic + other issues I had to wait). I think after the first month, when i started my period, I had continuous spotting for maybe 2-3 months, it was very light, but ruined most of my underwear. Then it was come and go, for the full like 6 months. Afterwards id get light periods every 2 months or so. I barely considered them periods. More like red/brown discharge for 8 days. I loved not having a period. But i never knew when i would get the lite version and i still had some pms symptoms and bad cramps. Almost a year ago i switched to the copper IUD. Since switching I no longer enjoy the tatse or smell of eggs as much as i used to. On mirena I used to crave eggs almost daily (except when i did menstruate). Also my natural smell definitely changed, my partner and i both noticed it. I wouldnt say its a bad odor, its just definitely changed. Ive been recently tested/checked so its not an STI or anything else abnormal. I spotted all the time on Mirena. It never stopped. My ob-gyn insisted that couldnt be caused by the IUD. When I finally made my ob-gyn take it out, I bled like crazy. Then things finally got back to normal. Hated it!!! One of my friends was on it for years and just dealt with the daily spotting by wearing a pad every day. Im just gonna say that after getting the Mirena out and the arm one in it was a lot better and I could feel where it is at all times. Plus I did not get that terrible 3 week long period my doc switched them out same day I have the Liletta IUD (a year and a half now), very similar to Mirena, same hormone dosages. Originally I wanted the copper, hormone free IUD because even the low dose oral BCP made me outta whack. Tried the depo shot before too, boy did that screw me up! Because of my bad experience with the pills and the shot there was no way I was getting an implant. Weighing my options, IUD was the way to go. After my consult with my gyno, she explained that the copper IUD can make your periods heavier, last longer and more painful. I have PCOS and my periods were already very painful and heavy so no thank you. I went with Liletta and I was told I could spot for 3 to 6 months, everyone is different. I was crampy for about a month and I spotted / very light flow off and on for about 3 months. Things regulated after that with light flow menstrual periods till around the one year mark. Now they are even lighter, to non existent. Month before last I didnt have a period. This is HEAVENLY! Comparatively speaking, I use to have very heavy and painful periods, so the acclamation phase of the IUD was uncomfortable and annoying but still way better than my regular periods. I think if I had been use to medium to light periods the adjustment would have been harder maybe? Day one though, I was scared about how my body would react. I read review after review. Yes, there are some horror stories out there but there were way more stories of making it through this acclamation stage of spotting / low flow and everything normalizing. Also, you can have sex or masturbate on your period. It can help with cramps and slow or stop your flow. Do it in the shower if youre worried about making a mess lol. I got mine 2.5 years ago. It was painful for a few months but mostly about the same as my periods. I bled more on the period for about 6 months then it settled down to spotting then to basically nothing Although I did get some cramping still each month and diarreaha although the coil hormones helped the pain I just got diagnosed with endometriosis yesterday so that explains the cramping even with the added hormones - was also prescribed the pill on top to battle the pain. Got a new mirena fitted during yesterdays surgery - according to the doctor the hormonal element doesnt last as long as the contraception effects so hoping a new one settles quicker than the first if my body is dyed to the hormones The first time I had mirena I bled for 6 months and was in agony. I had it removed. I just got mine in 2020 and I am taking it in tandem with visanne for endo- its a world of difference this time around. I spotted for a few months but now all clear. No period or anything. I cant take estrogen bc I have visual migraines. Oh no. I hope it doesnt work like that for me. 😭 Ive had Mirena now for over 2 years I think. When it was first inserted, I bled for 3 months. It was an icky dark brown color and it smelled bad. That on top of I think just hormonal changes made me feel like garbage. I seriously considered having it taken out. I talked to my OB and I asked if it was normal, and she said that it was, and that if I wasnt experiencing any pain and I thought I could handle the hormonal issue for a little while longer, to stick it out. Im really glad that I did. After that time. Was up, I only had a little bit of spotting maybe a grand total of one day of bleeding every period for the next three or four, And I have had literally no menstrual activity for a long long time. My hormones are fine (But I did have to start addressing my excess testosterone from a pre-existing thing). It gets better. Mine isnt r

Did anyone experience bleeding on active BC pills To those who take BC pills, can you share your experience? Ive been diagnosed with endometriosis in January, I have a copper IUD (my second) that I got a year ago. Never had issues with that, no spotting, nothing. Because of this new diagnosis my doctor put me on BC pills, first a mini pill. After bleeding for four months straight we switched to the combined pill. The first month was fine now Im finishing the second and have been bleeding for 3 weeks again. I just need someone to tell me theyve been through this and it will stop. Yes. Im on combo pills and get my period every 14 days. This has been going on years. Oh I have a copper iud I need to remove, I have endo, pmdd and pcos. Ive been on bc pills most of my life and Id say every decade I have a few years of pretty much constant period. Or half the time. Then Ill go years without a period so I guess it evens out? Yes From my 20s to about 35ish on BC....For the most part it helped with cramps,pain in general an shorter periods. Although in a new doctors great wisdom they decided to try a different BC pill. I dont remember why but it was almost like started hemorrhaging. Got back to normal after it switched back.....there might be a time when you go through this that it seems like nothing stops the pain when having a period. That might be the time to have a laparoscopic surgery to go in an remove scar tissue on the uterine wall. I had that like 3 times done. Each time the technique got better an less down time. Lastly when you get older after having kids or not. But you are at the point that enough already with dealing with endometriosis? Doctor start talking about hysterectomy? A lot of doctors never mention the uterine ablation to stop period untill I got a really good doctor. They can go in an laser the inside of the uterus to stop period. You might want to file that in the back of your mind for the future. Hysterectomy to stop from having a period is barbaric in my opinion but everybody situation is different...the ablation you get to keep all your parts an not worry about prolapse from hysterectomy. More then anything. No matter how bad it gets dont let anyone minimize what you are going through. Only you know when the pain is at a level 2 then up to 10... Endometriosis is notorious for leaving scar tissue in the weirdest places. If You feel like your not being heard get a new doctor. and talk about it. Some of the best info I got was talking about it with others. Went through 3 doctors before a gal I was talking to referred me to a great doctor. Good luck.(((Hugs)))

36F. I have the Liletta IUD. Also underwent LEEP 8 months ago. Since then, my periods have come back (and worse). OBGYN suggests I may have polyps. Has anyone else experienced this?? \* Current Liletta IUD was inserted July 2021. This is my 3rd IUD, and all have been the hormonal kind. With the 1st and 2nd IUDs (I dont recall which ones they were), my periods pretty much stopped/were extremely light. When I got Liletta put in, I was still experiencing a light period monthly, but figured my body just needed time to adjust to a new IUD. \* About 8 months ago (March 2022), I had an abnormal pap smear and had to undergo LEEP. It went well and my last pap smear came back normal (yay!) But now, my periods have gotten heavier and last longer. Its almost like how they were pre-IUD. I recently had to buy tampons again, the first time in over 15 years. I only bought regular flow tampons, because I think Im in denial of how heavy my periods actually are now, and I leaked through one of them in hours. I would also get weird cramps in my lower-left groin area. I voiced my concerns with my OBGYN. I had an ultrasound done last month to make sure my IUD was still in place. Results came back normal with IUD in place. However (and Im quoting mostly verbatim here): \*\*\*...radiologist does suggest she sees 2 small polyps...benign soft growths not dangerous to your health. They can cause bleeding, so it could be a reason that you have had some additional spotting. The reason I say suggest and could is because ultrasound is not perfect for diagnosis of polyps so we could be seeing something that is not there and there could be other reasons to explain your bleeding.\*\*\* From the report, my options are: \*\*A)\*\* do nothing and wait it out. They might go away on their own and bleeding could get worse or better over time. If worse, then option \*\*B)\*\* Hysteroscopy D&amp;C, where polyps are removed, possibly remove IUD and replace it. Ive been sitting on this message from my doctor for a few weeks now, because this past year has been a nightmare for my uterus and Im so scared to undergo yet another procedure that might not work? At the same time, I cant imagine my period getting even worse over time. Has anyone gone through the procedure? Or same experiences? Any advice? Thank you so much. I(33/NB) just wanna chime in and say Liletta sucks and I am getting it replaced. Before I got it, no cysts on my ovaries. After, a 2cm on my left. Installation is terrible and according to my gyno, this one is very easy to mess up. Also gives me a perpetual period (bf calls it perpetuperiod). Im gonna get Mirena soon. Apparently the doctor I go to doesnt even supply Liletta, it might not be FDA-certified, IIRC. You arent alone.

Won the M\*&amp;^\*er F(\*$&amp;\*#ing Lottery I have had my period since I was 13 years old, and for 2 and a half decades its been hell. 3 years of passing out in hallways on the way to the bathroom at school. followed by 4 years of arguing with doctors to get the tests done to get a diagnosis while I was missing work and destroying relationships. got diagnosed with PMDD at 22. 5-6 years to get depression under control while making some VERY questionable decisions, then a few more years to recover from some of those bad decisions. 3.5 years ago I got an IUD inserted and things had never been better, I started microdosing mushrooms to help treat the depression and it was life changing. LIFE CHANGING. BUT CAN I HAVE NICE THINGS? HAHAHAHAHAAAAAA I just had the worst period (I dont bleed because of the IUD, but I still go through cycles) Ive had in like 15 years, it was so painful that I thought I was experiencing an ectopic pregnancy. NOPE. I WON THE LOTTERY. &amp;#x200B; PMDD AND late-developping Endometriosis, baby. I cant go back to spending a week every month crying in bed and destroying relationships. I was doing so well. I had my life back. Now I might have to go to back to the fucking beginning, if the IUD isnt going to stop that from happening any more. I have a business. A step-son. A family. I got my shit together and built a life, and it feels like Im going to lose it all again because I cant get my periods under control. My mom had a partial hysterectomy for her fibroid tumors. Ugh. I wish you luck on finding ways to manage and treat. Push your medical consults- get more consults if its not enough. I am ready for a hysterectomy. Take it out. Ill spend the time finding the hormone balance etc with HRT and then no more surprises. I am 37, have a step son, and live in France, they might not pull the child bearing age crap on me anymore. Did it work for her? Yes she got it this year after decades of all the crazy you described. But shes more of the silent type so us kids just thought she was a very strict serious person. I vaguely remember her being carefree and very happy before my younger siblings were born. She was really holding in the pain one day until she collapsed which happened a few months ago. Shes a tall woman with a Audrey Hepburn physique. She looked pregnant with a distended belly and her abdomen was rock hard. It was this video that gave me the idea to take her to the doctor after my dad died this year. https://m.youtube.com/watch?v=Rs3MjHDhLB8 You should still shop around though but there are more options and noninvasive procedures than we even knew of once we left the state. My mom is a totally different person without constant pain. That sounds hopeful. I am so ready to pull the whole kit and caboodle OUT. Do you get pmdd symptoms during the luteal phase? Its hard to pinpoint the phase definitively - I havent had a period in 3 and a half years and for a decade before that I was using the pill to stop as many periods as possible and was down to 1 or 2 a year. With the IUD and no period, the symptoms are really muted, but when I have what would be my period - sometimes I feel crampy and bloated - I realize in retrospect that I had some of the pmdd symptoms in the previous days. But until 2-3 months ago, the symptoms were so mild, the IUD was working so well, that I cant say for certain with the scheduling. [deleted] Hear hear! (Or is it here here?) Id suggest poking around r/hysterectomy and r/menopause to hear from people who have taken that path. Ohhh man... this is my life. I wish so bad that my man would read this so he can see that other women also behave this way and it is very hard to change and control. Im not a monster and Im not making it up or exaggerating whatsoever.... ugh Hysterectomy is your best solution. Oh I would need HRT for sure. The idea would be to take everything out that was causing the pain and hormone imbalance, and then artificially create a new balance with HRT I will, thank you! I did find a doctor who was willing go talk to me about a hysterectomy, but suggested I try the IUD first. She was the first one who didnt shoot the idea right down, so Im going back to her next week even though I live in a different city now. Its worth it. I think youre right! It was the next thing on the table but my doctor suggested I try the IUD first. Im going back to her to see if shell put it back on the table now. Youre not! Your man needs to do some research. Its absolutely worth it. I had my hysterectomy last month after 20+ years of dealing with endometriosis. The doctors who listen seem to be a rarity. Your ovaries make the hormones. Would they be able to just take the uterus and Fallopian tubes out? If you dont mind me asking, how bad is the recovery time? One reason doctors have used to put me off one is how difficult the recovery and HRT would be. But like, I watched my cats get spayed and they were running around THAT NIGHT so.... Thats one option Im hoping to discuss. My reading suggests that taking out ovaries is the treatment for PMDD and a hysterectomy is the treatment for Endo, but I am at the beginning of research for Endo. I guess it depends how severe the Endo is? If you need the hysterectomy, then yeah, do it. Endometriosis can cause trouble further up than just your uterus, so time is of the essence. I know how you feel. I an other family members have had medical issues that impacted our career and life. Hope all turns out well for you. So sorry youre dealing with this, OP. Regular periods are miserable enough, I cant even imagine what it must be like for you. If you do end up getting a hysterectomy: good luck! I hope youll have much better health in the future. Evict the bitch. I have 0 regrets. My life has only improved since mine. The same germ cells and primitive sex cords in a developing embryo form ovaries in females and testes in males. While ovaries are internal and less likely to be injured, the nerve response and pain from injury/inflammation is \*essentially the same\*. So, severe ovarian pain is basically like being kicked in the nuts. For hours/ days/ weeks straight. If the men in your life have a hard time understanding what you mean by cramps, or other reproductive pain, tell then my internal nut sacks are getting kicked. You definitely wont be up the night of the surgery - humans use our abdominal muscles to keep us upright; cats abdominal muscles arent similar enough to be an adequate comparison. Ive had an appendectomy and an emergency c-section - the appendectomy was only a \*little\* easier because it was only my right side. Both tubes mean both sides, itll certainly be easier than the c-section through the whole muscle side-to-side but harder than the appendectomy because of the two incisions instead of one. But itll still be 4-6 weeks recovery and you might be \*walking\* that night but not very fast and not very far. An IUD can also help with endometriosis. I have endometriosis and I have an iud because of it. It has helped tremendously, I still get a very painful cycle from time to time, but for the most part, I have no pain and no period. This may still work for you, dont get discouraged, maybe its just finding another IUD that will work for you. :) Having said all that, idk what PMDD is like but I do know what endometriosis is like and Im very, truly sorry you have to go though any of it. To say it sucks is an understatement. It has created some of the worst pain Ive ever felt in my life so I totally get it. I hope you find a treatment that works. Yeah, I was being facetious about the cats. But Im hoping it wont take months of my life! I couldnt help but wonder if the doctors who didnt want me to get a hysterectomy were not being super objective about how long or difficult the recovery process is. Thanks for these details, theyre helpful! What was the recovery period like? Amazing. I was put on 2 weeks bed rest. I was told to get up and move around the bedroom every few hours. No work or chores. I was legit wiped out for about a week. I slept most of the days. Day 9/10 I was moving out of bed and sitting on the couch for an hour and back to bed. By the end of 2 weeks I was moving normal, but still would get tired fast. It was about 3 weeks I felt normalized. Please know I have a cyst on my spinal cord and a really fast heart. You may not be as lethargic as I was. Pre op prep was crucial. My MIL helped me scrub my house sparkling clean. She made me a bunch of soup. I made my husband easy dump dinners. I had a girl friend come over twice a week to clean since I couldnt. Everything was laid out @\_@ it was exhausting but made recovery so much easier. Read up on research on ovary removal, which places you into immediate menopause. For folks under the age of 40, this substantially increases risk (35% increased risk) for dementia later in life. Yikes on bikes. Still: to be balanced with the fact that if I dont keep this shit under control, I might not get old enough to develop dementia. Three weeks is better than I was expecting to hear, to be honest. Though I told my man about prepping dinners and getting someone into clean and he said, can we just do that now so I dont have to cook you dinner any more? Honestly though, I spent like a year finding a pill that worked for me (I had to go off the pill because of high blood pressure, Ive made lifestyle changes to fix that now) and that was bad enough without the goddawful insertion that had me puking on the sage-femmes floor and in bed for two days. The idea of going through a similar process to find an IUD exhausts and dismays me. I am still hoping that the 3+ years of work it did for me will continue and that July was a reallllly bad month. It could happen, right? It definitely could happen. I have awful months but they are few and far between. Im rooting for you! All of this takes time. Luckily, there are

IUD resulting in heightened tampon usage and expenses [deleted] Did she get it put in not too long ago? I experienced much heavier bleeding the first few months but it started to balance out by six months. It remained heavier than normal but not as crazy as it was at the start. No recommendations cost wise sorry [deleted] Its a common side effect of the copper IUD, some women may get more bleeding than others. My step-sister couldnt have it because of low iron and too much bleeding. She might need to weigh up if this is the right option for her, the Mirena can lessen bleeding but does have hormones. I didnt like the Mirena for myself at all but lots of people love theirs. I love the copper and just deal with the side effects because there really arent any other options with no hormones except condoms I had heavy flow all 3 years that I had a copper IUD, and normally I have hypomenorrhoea. Its a common side effect of copper coils. Its a know side-effect of copper IUDs unfortunately. Seconding the Mirena recommendation. I had to even throw away underwear cause of my copper IUD, and my washing skills are pretty good...

Have any of you experienced period changes w/ birth control implant? I dont know if these kind of questions are allowed but have any of you experienced period changes with the birth control implant (Nexplanon)? Before I got the implant my periods would usually start at the end or beginning of the month and last 3-4 days because I always got heavy flows and major cramping. When I got the implant, my periods instantly switched to MONTH long periods with light blood flow, and irregular cramping. That was about 2 years ago, and my expiration date is in late January of 2023. For the total of 2 years, my periods have been just that. Month long. About 2 months ago, my periods became normal. I had heavy flow for a few days and then the period went away. I was honestly shocked. First I was relieved because its absolute HELL having month long periods but now I worry. (Ive had a period since the first change, so 2 of my periods were normal, AND its been about a month since I had another) Does that mean the implant is no longer working?? Is that even possible?? Have any of you experienced this kind of thing? [deleted] The Midwife who gave me the implant told me that every woman was different and I should expect longer periods because it was the number one reason why women got it taken out. Thats why I didnt worry too much when they started because she basically told me it was normal and I knew the cause of it. Also, I havent had any major/serious medical complications from month long periods, so Im probably fine right? As for your period change, is that normal for you and have your other friends had the same experience? Im hitting my 2 year mark so I guess thats normal? I dont have a doctor right now but thanks for the advice! When I got my implant (years ago, fuck that little devil stick). It caused me to bleed for about 6 months straight. Its common for this and other kinds of BC to cause changes to your period Yeah, I dont worry about the month long period because it was common but Im surprised at the fact that Ive reverted to normal cycles. It makes me fear the implant isnt working, but that doesnt seem to happen hopefully. Jeez though, 6 months?? Hopefully you arent suffering like that anymore!

Whats your experience with an IUD? Hello! My mom is considering getting an IUD and I would like to know what your personal experiences have been with it. Both me (21) and my mom (47) have horrible period pain, horrible extremely strong flows and periods are generally awful for us. I have been told IUDs are not a good idea for me since I have a polycystic uterus, but my mom recently got recommended one. Everyone i know who has had an IUD has an awful experience with it, so I wanted to know everyones thoughts on it (especially from the standpoint of women over 40 and/or that have had children). Also, it might be relevant that she has an upturned uterus. For me, it seems like this is just a last resort so they wont let my mother get her uterus removed (for some reason, in my county its EXTREMELY hard to be able to get approved for this) since we have quite aggravated possibilities of developing uterine cancer. Anyway, I just wanted to know whether you guys, personally, would recommend an IUD. Also, if not, what else would you recommend, and since were here what you would recommend to a 21 year old with a poor functioning uterus (thankfully atm saved by a god given birth control that has allowed me to have a normal life period free at least for the time being). Over at r/birthcontrol there is a pinned post which collects posts and comments with experiences. You might find that useful! thank you so much! Im 36 and have had kids and I have an iud and its amazing. It hurts to get put in and I havent had it replaced yet but Im assuming thats worse but its still worth it. The pain is only once every five years and I went from heavy bleeding with painful cramps every month to a lighter period rarely with cramps every few months. For you, could you get birth control pills and ask your doctor to stack them so you skip the placebo week and just dont get your period? This is what my doctor recommended while I waited to be done having kids so I could get an iud without taking it out early My IUD hasnt stopped my horrific period pain, but has stopped the actual bleeding side of things. Im on my 3rd. Disclaimer that I am not in my 30s-40s, but closer to your age. I was a similar situation with horrific period pan and really really heavy flows that would last over a week. I used take the pill and my GP had me on the strongest dose of hormones available to try and stop my period and that genuinely ruined my life! The IUD was a godsend, I honestly cannot recommend it enough. I had it done under anaesthesia, so if that is an option for your mother I really recommend it. In terms of side effects, I had some mild cramping for about a week (but it felt like nothing compared to my previous period pain) and some spotting for 2 or so months (but again, compared to my previous heavy flow it was barely inconvenient). Since then, I rarely get my period, but when I do it last maybe 3 days and its super light.

Did anyone else have heavvvvvvy periods on the copper coil/iud even after over a year? [deleted] I had a constant period after about 6 months. I dealt with it for another 6 months, hoping it would stop, but it did not. I also became extremely anemic. I ended up having it removed a little after a year. My gf had one for (I believe) 14 months. She had it removed due to heavy, long and painful periods so youre not alone. As far as she told me they never changed apart from lasting slightly longer with time. Yes, heavy periods and intense pain. I had to get it removed. It screwed me up though and those things persisted for a while [deleted] I got my copper IUD put in around 10 months ago. For the first 5-6 mo my periods were about twice as heavy and twice as long as they ever were previously. Its finally gone back down to what I was used to before more or less. About four days in length. Not terrible cramping, maybe one or two midol during my heaviest flow.

heavy uterine bleeding and being treated like Im faking by doctors (support) Ive been having heavily bleeding, like huge blood clots off and on for a few years. Its so frustrating because I feel like doctors act like Im making it up. Sometimes it gets scary and Im light headed, and the nurse line will tell me that if Im passing clots larger than a quarter or filling a maxi pad every hour then go to the ER but if I do that Id be at the ER every day for the last 4 days and Ive been to the ER before for this and they dont take me seriousky, all they do is take my blood, say my iron levels are normal and start me on progesterone which doesnt stop the problem. I was without it for a few years and then this last time it started in the beginning of May I saw a specialist who did an intravginal ultrasound and an endometrial biopsy all of which showed nothing concerning, and once again normal blood work. He suggested it was a hormonal imbalance and suggested an iud. It hurt like hell going in but it seemed to be the answer to my prayers, until this Thursday when the heavy bleeding and blood clots began again. I meant to call for an appointment Friday but just got busy and then Friday night I had a coughing fit, Im just getting over covid from last month and the coughing has been my only lingering symptom and its bad, then I coughed so deep my iud ejected. I called the nurseline and made an ob appointment. I was a dumbass and even though they offered me a Tuesday, Im in the US and Monday is a holiday, I took a Friday so I wouldnt miss work, and the nurse gave me the same advice: its not an emergency unless youre passing clots larger than a quarter (its sunday morning and Ive passed 4 as large or larger than a quarter just in the last few hrs since waking) or filling maxi pads faster than an hour (Im not now but was last night) so according to the OB nurse I talked to I need to go to the ER but I dont want to go to ER or urgent care and be treated like Im a crazy person and basically told well some times periods are just heavy like Im a 14 hear old girl who doesnt understand her body when Im in my late 30s and definetely know when theres something wrong! Not to mention that this has wrecked me emotionally and I even went out and bought some edibles when I was on a 34 day sober streak because it stressed me out so much so I also dont want to go because Im high as shit and dont want to be high at the ER and have that in my chart because I dont know whats in my chart now but I literally get treated like an attention seeker everytime I go so it cant be good. Im not looking for advice as thats against the rules but just wondering if other people have had similar experiences and can relate. Never been told the quarter thing. I would just have to live at the ER while on my period. LOL The dismissals we get when theres obviously something wrong are infuriating. I really hope they do something for you Friday and you can get back to a lesser flow. After 15+ years of heavy bleeding and large clots, I didnt know this wasnt the norm until a female doctor told me No hun, thats not normal!. She prescribed me blood clotting pills for the first 3 days of my period and it made a HUGE difference. God damn I loved that doctor. Thankyou. Its so frustrating! Like Ill even begin to question myself and wonder if I made it up and I have continually remind myself that Im concerned and its real. I actually really liked the specialist who placed the iud as he really listened but now Im less certain of him since it fell out and I wonder if he placed it wrong. Thankyou! Ill ask about those. I had something similar. Ultimately was told I had endometrial hyperplasia. I ended up having a d and c and getting a mirena iud. Pre IUD I was wearing 2 super plus tampons at a time plus an enormous overnight pad. I would need to change the whole thing every 2 hours. I even had to set alarms overnight or wake up in a pool of blood. It was this bad at least 4 days a month and I could have my period for weeks. I would stand in the shower and giant clots would come out. Finally found a gyno that took it seriously. Short stint of birth control pills then depo provera didnt help, but finally the mirena did. I hope you find a Doctor that cares. Wow, I didnt even know that was an option. As I was reading the original post I was like yeah my periods are like that all the time. I didnt know about blood clots larger than a quarter I shouldve been going to the ER every month on my second day of bleeding I guess Right, I never heard that either and that would mean I should have been in the ER on my second day of bleeding every single month for years. I actually considered buying adult diapers for my first and second night of bleeding because when I get up in the morning I cant make it to the bathroom before the flow overflows the pad and runs down my legs. The cleanup is brutal. You need a new doctor asap. I had to ask for a 2nd opinion and was told beforehand they probably wouldnt do anything. Ha! Jokes on them cause I got exactly what I wanted, a hysterectomy. No this is not an option for everyone but its what I wanted. I never wanted to bleed profusely again or feel like something was ripping me apart from inside. I saw a urogynecologist who listened and understood. Oh, that sounds like a good option for me. Im in my late thirties and Im done having kids, I have two and thats enough for me, so really there is no reason for me to keep putting up with this. Thankyou, Im considering giving the iud another shot, it was actually working at first. I had a hysterectomy after 15 years of heavy, clot filled periods. 3 weeks before it was scheduled my Dr called to ask how I was doing &amp; of I was going to have my period before surgery. I told her I had just ended but probably would. Since that one was 2 weeks after my previous one she was surprised, then called in a prescription for medication that basically throttles back the bleeding. I was so upset that this has existed all this time &amp; not a single Dr offered it Name: TRANEXAMIC ACID 650MG Directions: Take 2 tablets by mouth 3x daily for 5 days. Now, there was an issue with my insurance so I do know that the 30 cnt prescription at Walgreens was $175. Sometimes they fall out. Wich is scary and crappy. But it happens, even if placed propetly. Maybe it was allready dislodged before, since your period was heavy all of a sudden? Thats possible, I was getting over a covid cough and had been coughing hard for several days. Not sure if it has been suggested here or by your OB, but have you looked into uterine ablation? I had super heavy periods after my 2nd kiddo since I was no longer on birth control (got tubes removed). Between the heavy bleeding and terrible cramps, my OB suggested the uterine ablation before going with a hysterectomy (although she said shed be fine skipping it and going straight to hysterectomy). Procedure was a breeze, recovery and 1-2 days of mild cramping and about 2-3 weeks of watery discharge. Now my periods are crazy light, rarely needing a pad or my diva cup, and zero cramping. YMMV, of course. I was told that since Im younger (36) that there was a 50/50 shot that it would work fully (zero periods) and my periods may return sooner than the 10 years that is expected in older women. Either way, Im super happy with the results now that my periods are beyond manageable. I was going to suggest ablation too, if OP wasnt planning on having children/more children. I think its worth discussing with the doctor. Im surprised that your ob/gyn hasnt suggested this yet. I had to ask for mine. Only reason I knew about it was because my Mom had it done for the same reasons I did. Im also not sure why it isnt more suggested. Dont doubt yourself. Youre the only one who really knows whats going on in your body, no matter what they tell you! It wasnt suggested but Im definitely going to ask about it. Im 37, maybe thats what it wasnt suggested. went from regular periods to irregular (every 4-5 months). Got tested for pcos, blood work and ultrasound was normal. Went to 3 other doctors who also told me pcos but did not do any test to even confirm it. I asked for an obgyn and behold its probably stress. Im 18 and also have pelvic pain. Nothing changed in my life that made my period go irregular. But they still refuse to refer me. I go to a new doctor (walk in) and he to also tells me to do the same TEST I ALREADY DID LIKE SO MANY TIMES. I was worried bc my aunt has issues with her ovaries and had to get them removed. And my pelvic pain can get so bad that i have to be in the exact position for 2-5 m till the pain stops. What am i suppose to do when no one listens to me??? I been contemplating just going to the Er when i have one my pelvic pain incidents/ Smhh Unfortunately, in my experience the ER can be even worse since most of them dont known much about the reproductive system as they havent had those classes since med school. Its awful how much people just dont take stuff seriously. I admire how persistent youve been. My plan is to save all my pads from a bad period if mine get that way again… taking pictures might be a little less intense. Mine werent as bad as yours but certainly abnormal. Anyhow it might be worth a try to seal them up in zip lock bags so you have physical evidence. Anyhow good luck finding a doctor. Sometimes if you ask around that might speed up the process. You could have a hernia demand women doctors the first one i went to was a women doctor. She got me tested for pcos and then just said it was probably stress. She was better than the males one but still none of them listned to me. I decided to just do the test all over again and be adamant on seeing a specialist. Just to rule out anything like cancer You need a new doctor, you need to ask to be tranexamic acid for heavy menstrual bleeding, blood tests for Polycystic Ovarian Syndrome, thyroid levels and you need to ask for a

IUD advice Hey there guys! I have had my IUD for almost three years now. This month I barely had a period, however, I have been having reddish/brownish discharge all month and cramps. Is my IUD effective? Im calling my gyno tomorrow, but I wanted to reach out to yall on Reddit for your advice. Thank yall! The longer youre on hormonal birth control the lighter your period gets. Sometimes you just dont have one at all. I skipped a period 9 months before my wedding and I freaked out! Turns out it was just my birth control. I barely had a period for years after that. Take a pregnancy test!

Need advice about copper IUD I personally wouldnt worry about it. Spotting can happen (and vary in type) randomly, even if you typically have regular periods. I dont have an IUD, but Ive had the type of spotting you describe once or twice if I have rough-ish sex in the week or so before my period. That said, I still dont think it would hurt to reach out to your doctors office. They should be able to put your mind at ease and give you some idea of what sort of things to look for that would indicate you need to be seen. Ok thank you! Maybe its worth a visit just for that peace of mind I had one for several years without any issues. Then I started spotting almost continuously, maybe it was after some kind of vigorous sex, but nothing gave me any clues that something was wrong with the IUD besides the spotting (no discomfort, strings felt fine, etc) . The gyn was convinced it was anything but the IUD and gave me medicine to make my period start etc, but I kept on spotting. They kept insisting it could not be the IUD, but we decided to have the Mr get a vasectomy since we werent planning for more kids. After about 6 months of spotting almost all the time, I had to insisted they take the IUD out and the problem immediately went away. I suspect it got kind of dislodged a little or was in an irritating position. Once it was removed, I didnt have any problems at all. Interesting! Every time I try to research what I have going on its always people who just got it and are experiencing some spotting from it being new. I will keep an eye out, and if it doesnt stop I will talk to my gyn about new birth control options. Thanks!

Has anyone had Endometrial ablation? My periods are incredibly painful after getting my iud two years ago. Its made them incredibly heavy and last longer (I was a 5 day cycle, now it 7 days with heavy spotting two days before and after as well as random bleeding on and off heavy enough that I need to use a tampon). My mom suggested asking my doctor about endometrial ablation, Ive already have two children and dont think I want to have anymore, but a big factor for me being on the fence about the procedure was not being able to have kids if later on I wanted to have one more, also wasnt sure if this procedure would bring on early menopause (Im only 31). Im wondering has anyone here done this and what was your experience? My period came hot and heavy today alone with massive bloating, diarrhea and vomiting. It was so bad I had to leave work an hour into the shift I then fell asleep in my bath because it was the only thing that helped with the pain. I dont want to go through this anyone and every-time this happens it makes me want to look into this procedure more and more. I had it twice. It helped a lot. It does grow back, but I got a good 4-5 years off from pain each time. There are great subs r/endo r/endometriosis 1. Have you tried a hormonal IUD yet? Similar effectiveness, but less invasive and also reversible if you should ever decide to have more children. You can also do things in a stepwise manner. Try IUD, if it doesnt work as well as you hope, you can proceed to ablation. 2. Ablation does not cause menopause — it only scars the inside of the uterus. Periods may stop or decrease with ablation, but this is not menopause. Menopause is the chemical (or mechanical) end of function of the ovaries — most notably, to produce estrogen. Getting your ovaries removed would cause menopause.

Tips for using a cup (period related) Im not sure where else to ask this, so here we go: I used to have an IUD and during the time I did, I had, but never used, a cup—I was terrified of my IUD getting suctioned out (I know of many people whove done it successfully, but Ive always been a bit anxiety-ridden haha). Well, I had a baby ten months ago and have a feeling my period will come back soon. I dont have an IUD at the moment and have no plans to get one. Still, I have no experience using or putting in a cup. Any suggestions to make it easier/less scary? More comfortable? I think I have two sizes—how do I know if I have the right size? Thanks for your help—I came to this group because its generally very positive and helpful, so Im hoping at least a couple people might have tips (even better if someone has had a baby and has some ideas for me!) [deleted] [deleted] The bigger size is better for post-baby bodies. Squish it flat, then fold it in half and insert like a tampon, only not so far. Gently squeeze it it to open it from its folded position. If you can twist it all the way around, its in right. You might want to use lube the first time, just while you are learning. For the right size, see which one is more comfortable to use and provides the right amount of time of protection. I use the teen size as a 33 year old. It is whats comfortable. On my heavy day I have to empty it a little more often, but it isnt as stressful as using pads or tampons for protection. It also depends on he brand you got. I use a diva cup. First day was painful for me because I didnt have the end cut down to fit comfortably. Take your time with it. It can take a few tries to get it right. As for the suction, you can release the pressure before you pull it out by putting your finger up next to the cup and press into it. That will make it easier to pull out too. Gentleday sells really good divacups! The bigger cups are usually recommended for women over 30, and women who have given birth vaginally (of any age). That being said it can also depend on your body itself, so if you have both the best might be to try and see which one fits you best. For your first few times using it Id recommend trying out the different folding methods ( [You can find some here](https://www.mooncup.co.uk/folding-techniques/) ) and seeing which ones are easier for you to insert and deploy. I personally like the punchdown fold as I find it really quick and easy. Lastly, if it doesnt work perfectly, dont sweat it! It took me months to get used to mine. I used pads to make it less stressful in the beginning, it helped a lot. I recommend the Put A Cup In It community (I think theres a website in addition to the Facebook group). Theres a quiz about cup sizes/brands/types to help you figure out what might work for you and the community on FB is full of questions and answers from cup users. Usually after childbirth or after a certain age, they recommend the large (for brands that have a small/regular and large). I never had kids but started off with a large because I was in my mid/late 30s when I started using one. I also have a fairly high cervix - knowing where your cervix is will help as well since a lower cervix might require a shorter cup. I think I found my Goldilocks cup on about the 3rd try. I really like the Saalt Soft (its just a smidge softer than their regular once but I like it better). I dont have to trim the little pull tab or anything. The learning curve wasnt too bad. I tried mine out before I actually had my period to get an idea of how to insert and remove.

Covid positive periods? So I tested positive for Covid. Anyone who has had Covid did it mess with your period at all? Ive been lightly bleeding for almost two weeks. Not bad enough to use a tampon but enough a panty liner is needed. Periods not due till the first week of May. Background information I have an iud so it could just be that but since getting it back in November this hasnt happened before Ive spotted often but never bled like this. Im wondering if being Covid positive has anything to do with this. Both Covid and the vaccines messed up my cycle for a couple of months. Yeah I had it a month or so ago and it messed with the one that was due just after I got it as well as the one thats due shortly. I also googled cos I was worried and saw a few reports saying its been noted that it does mess with some peoples periods (in more technical terms than I just used tho) Yeah, mine have been lighter and only last 2 days instead of 4, but Ive been having horrible cramps. Way worse that ever before.

IUD questions Hello ladies, I got my iud back in November and was told my periods could change and well as spotting. I spot all the time, like all the time! On a weekly average I spot at last half of the week sometimes 5 days out of 7. After sex I even spot. Is this normal? Anyone else dealt with this? And if so when did the spotting stop for you. Im planning on keep my iud in for the 5 years but Im just wondering if this is normal. It weirds me out a little how much I spot. It can take 3-6 months for your period to regulate and even with the IUD you might expect to have some spotting off and in once your body is adjusted to the hormones I spotted for a full 5 months pretty much every single day when I started hormonal birth control. Then the spotting stopped completely, I had a couple of normal periods and then even my periods stopped altogether. I now have no periods and no spotting, nothing. So worth it. Give your body time to adjust. It can take a while. It literally took 6 months to stop being weird and now its fine 6 years later with 4 to go.

Bleeding continuously on copper iud? (PSA not looking for medical advice just want to see other peoples experience and how it compares to mine eg if what Im experiencing is common or not) So I got my Copper iud inserted last December it hurt like hell but was completely fine after a few days and didnt have many issues. Ive had both normal checkups and US scan to check that it was properly in place and it was. However, since early April I have bleeding non stop so its now nearing 2 months straight of bleeding. It varies slightly from like last few days of period type bleeding to full on heavy bleeding. I have absolutely no other symptoms not even normal period ones like cramping etc its purely just bleeding? Has anyone else had this or what was your experience with the copper iud? Mine wouldnt stop for over a year. Finally had to get it removed. Mine bled like a hemorrhage then came out. My PCP said the bleeding was normal then three weeks later I was pregnant. I bled for months straight on my copper IUD. Couldnt take it anymore so I had it removed. Instant relief. Had copper iud for 5 years, increased bleeding during periods but no bleeding in between. Had mirena inserted in Feb and have had constant spotting between periods.

Nearly fainted morning of first day of first period post copper iud insertion. Anyone else had similar experience!? I got the copper iud inserted nearly 3 weeks ago while on my period. The insertion wasnt as painful as I had expected to be, granted I did take an 800mg ibuprofen beforehand. My obgyn told me to expect to have heavier periods for a while with potentially bad cramps. Totally thought I could handle it, no problem. The week leading up to my period, I had cramps occasionally not to crazy, pretty mild but moderate-heavy spotting almost constantly. Well this morning, I woke up and was thirsty so I was walking into my kitchen to get water when I began to feel really nauseous, and then felt that I just started my period. Seconds later, I got that feeling that I knew I was going to faint. I sat down on the floor, and could feel my blood pressure was low, and I tried to just focus on breathing. Ive fainted in the past a few times (from heavy bleeding on period, Ive been told me anemic before) so I knew how to try to control my breathing so I dont completely faint. But then the cramps came. The worst cramps I think I can remember having. I stood up to go to my boyfriend, and was walking when I lost my vision and my hearing started to change. So I laid down to compose myself, while feeling like my cervix was trying to kill me. I eventually made it to take some ibuprofen and my boyfriend got me my heating pad. And now Im good.. haha that was intense. Any other women experience something like this with the iud? Sounds like your body went into shock. I had the same happen to me with my vision going black/red, getting extremely lightheaded, and my ears ringing/being muffled. IUDs can cause pelvic inflammation among other problems because its a foreign object put where its not supposed to be. Id definitely check back with your doctor to make sure it hasnt shifted or perforated anything. Ive had the copper iud removed and reinstalled twice so feel I can offer some advice here. Your periods are gonna be wonky for a little bit but they will improve and regulate. I take 800mg ibuprofen as soon as I think my period is starting and continue to do so until its done (Ibuprofen can reduce your blood letting by 50% btw). Keep bananas on hand and make sure to have something in your stomach; itll ease the nausea induced by pain. Liquid iron is a super effective way to help combat the anemia btw and most have a pleasant taste. Finally, dont forget to use heating pads and ice packs! Tons of extra large soft heating pads out there which are truly a comfort when your period is a psychotic killer out for blood. Hang in there! It may be worth seeing your physician with regards to the event to be safe, as without knowing the specifics of your situation nor your degree of anemia it is hard to really say much. For the event you described however, it may have been a combination of vasovagal and orthostatic presyncope, thus consider lying flat in the event of future episodes rather than simply sitting down. Im not sure shock is the best term for the event Maybe not, but shock doesnt always come on from seeing or feeling something. If it happened right as her period started her body might have had this reaction because of the piece of plastic in her uterus that wasnt there before and it could be considered shock Shock is essentially a state of tissue hypoperfusion thus I dont think it can count as that. Ive bever had an experience like this- I have copper and my cramps went DOWN a week after insertion, although I do definitively bleed more. If you already would have blood pressure issues due to anemia, definitely up your iron, folate, and b vitamins. I eat beef liver when I have iron problems. Thank you. I agree, I did message my dr letting her know what happened, with it being the weekend Ill have to wait for her to get back me to. Im thinking my body is just of course, still adjusting to have the iud. But in the unfortunate occasion that it does happen again, Ill lie down flat next time. My cramps since havent been as severe since. Im glad you havent had an experience like that. I once that the implanon implant that caused me to bleed very heavily for weeks on end, that caused me to faint. Which in turn, I did adjust my diet to include more iron filled nutrients so Ill do again. Thank you for your reply! Thank you. I can still fill my string and the cramps arent nearly are intense now. If it moved or perforated, would that effect feeling the string still?

When will spotting stop? Is it normal? I got the copper iud inserted a few days ago, about 5, but still have spotting. Its not a lot, but i do have to wear a pantyliner so I dont get it on my underwear. Its mostly when I have cramping that it happens. I was wondering if its normal this is happening every day since I got it out in 5 days ago, and when itll go away With both of my IUDs (copper and hormonal) I spotted for a few weeks every day before it stopped. It was worse with the hormonal one though and lasted like two or three months. I have the mirena and I bled from April up until May and then it just went away? For some women its sooner rather than later or the opposite. I had the same experience with birth control, November-March

At work and covered in menstual blood aka chocolate edit: menstrual &amp;#x200B; I just got my period super heavy &amp; unexpectedly (thanks IUD). It went through my pants and onto the light greay cardigan im wearing (WITHOUT ME FREAKIN NOTICING). Just walked past my bosses office and he yells HEY, DID YOU SIT IN CHOCOLATE? and everyone started laughing. I replied oh oops ha ha guess i did!. Now im in the bathroom washing my cardigan in cold water. I also put a chocolate cookie on my desk so it seemed more believeable. Sigh lol. Your boss sounds like a cretin, Im sorry 😔 Jeez, how old is your boss? 14? Lol You should have made everyone else uncomfortable by going into extreme detail about how its actually your period. Maybe theyll think twice before making stupid, demeaning comments like that again then. This is something I would have done even if it was actually chocolate. There is a right way to tell someone they have an unexpected clothing issue and that way isnt yelling it for everyone to hear. And I LOVE making people feel uncomfortable 😈 I guess Im more comfortable cuz Im older (39), but I would just tell my boss that I got my damn period on myself and I gotta go home and change or take the rest of the day. Fuck trying to wash my clothes in the sink. You have a perfectly valid reason to bail for the day. If he didnt mean anything bad by it idk why everyone in the comments are jumping on him. Not everything is an attack, chill. I have seen people with wet pants and I wouldnt think they peed on themselves. Ik its possible but its not the first thing that pops in my mind. He probably did think you sat on something. Important items in period survival kit: 1-baby wipes 2-panties 3-pads 4-chocolate cookie As a grown ass man, he should know better. Not every thought everyone has needs to be shared with the world. Sometimes things are said that should have been inside thoughts. Shit happens, no ones perfect 🤷‍♀️ [deleted] What a douche Once when I was younger (middle school or high school, cant really remember) I was on my period on a long road trip and ended up with brown stains all over my pants. I was soooo embarrassed, especially when someone yelled, Sage\\_\\_Fox, did you poop your pants? when we stopped at a gas station. I went to the bathroom and turns out I had sat in chocolate.... Never been so relieved to sit in chocolate in my life! It was already seeping through her pants and no one told her? This was a kindness you people are nuts. Also the sit in choclate is was more appropriate then, hey are you leaking period blood through your pants Yelling it in the office was a kind thing? I remember this happening to someone in my high school. She was performing in a skit in the middle of class and she turned around and everyone saw it. I felt so bad for her I remember in high school this girl had some sort of medical emergency and this happened to her. I covered for her, I forget what I said but she ended up going to the hospital, some.sort of cyst burst or something. I feel so bad for women when this happens. Chocolate is a good excuse at times if the color works. But my wife and I were in a bar and a woman with white pants got her period and I noticed it - Bright RED. Huge amount of red. I told my wife and she went over and discretely let the woman know she should got to the bathroom as she was spotting Poor woman -it was actually more of a flood. I felt so bad for her and many people would just ignore it but much better to help her right away instead of letting it get much larger. I had briefly considered telling her myself but immediately thought better of it and asked my wife to tell her instead. (my wife had not noticed it) [deleted] Trust me, her boss is probably calling himself an idiot after realizing it wasnt chocolate on the way home. 5-backup dignity The morning after getting my first period I woke up to a large brown stain on the bed and my little brother walked in, saw it, and stormed out angry and asked my mother why he didnt get any chocolate milk that morning lmao

Need advice on self care during period I hope this doesnt sound as dumb as I think it will but I literally dont know who else to ask. My support system is very limited. I had my nexplanon removed about 3 months ago after having the implant for approximately 6 years. The entire 6 years I never had a period. So, I have basically forgotten everything I thought I knew. I started my 3rd period a few days ago and I am bleeding so much more than I did the 1st two. My doctor told me it might take about 6 months for things to even out but this one has me feeling absolutely terrible and my appetite has disappeared and Im feeling really weak. My flow has been a lot heavier too. Basically I just want everyones very best period self care advice. What to eat, what not to eat, what to do for exercise, how to handle cramps and moodiness. I want all of your best tips because all the articles Im finding sound so generic that its hard to believe any of it is applicable. Theres not way self care for this is all one size fits all. Hot water bottles all the way. Healthy food (like fresh fruit and veggies and whatnot) is considered to help with the cramps, but I say just go with comfort food. If you crave chocolate go for it, you feel shitty enough already so just endulge. Moderate activity like a walk if youre not too incapacitated can help too. Or yoga if you like that. Some say masturbation helps but it doesnt for me, so idk. What things do you find relaxing in general? Music, scents, massages? If you cant eat, stay hydrated. And if youre bleeding a lot, it might be useful to get a blood draw to make sure your iron levels arent in the shitter (anemia). If they are, your doc will recommend an iron supplement. Be aware, they dont taste nice, and can turn you poop black (so dont panic if that happens). I no longer have the equipment, but when I did, I had \*terrible\* cramps. For some reason, the only medicine that even remotely helped was naproxen (aleve) and a hot water bottle or hot bath. Do not take any medicine, over-the-counter, or not, without your doctors advice. Aleve may have helped my cramps, but it did nothing good for my then-undiagnosed Crohns. I cant tell you what to eat/what not to, because theres no evidence, other than a healthy diet, that what you eat makes any difference in your menstrual cycle. I can tell you that if you are anemic, eat foods with a good source of iron (like spinach). Staying active can help with menstrual cramps. A walk never hurts. For moodiness, I just let others know I was crabby, and Id appreciate being left alone. That usually satisfies all. I didnt say something mean to someone because I was in a mood, and they didnt antagonize my irrationality by simply breathing in my general direction (a lighthearted joke). Use \*your\* preferred sanitary product. \*\*If you are bleeding through 4 or more pads or tampons in two hours or less, you need to be seen by healthcare professionals immediately. This is abnormal, and a cause should be investigated.\*\* If you continue experiencing heavy bleeding and/or painful cramps, you should insist on further investigation. Yes, it can take a bit for your body to re-regulate, but that doesnt mean you should have to be in pain or constantly bleeding. I found really helpful NOT eating meat and fried food with lots of fat and stuff. Also it helps to drink a lot of water, not juice or tea with sugar but water. And yeah, warm bath but not hot if your back hurts. But its just what helps me personally as I have quite painful period. I also take painkillers first 3 days Tylenol, water, heat packs or hot water bottles. Eat lightly, stay away from greasy foods. I found cramps would ease off after an easy walk. Binge watch a TV show or read a good book. This is really good advice. Hot chocolate, naproxen, hot water bottles. Glucose tablets (used to treat hypoglycaemia in diabetics) are good for a small energy boost. Those meal replacement drinks, theyre gross, but the easiest way to get nutrition with no appetite

Progesterone implant and large chunk Right so the title explains the situation really. I got a progesterone contraceptive implant put in a few weeks ago and my shark week came a few days ago (about two weeks after schedule) Its day three of shark week now and I had really intense pain this morning. I was in the shower when a chunk 5cm by 3cm came out of me. Whats concerning to me is that its not some inconspicuous red blob, it looks like a piece of my tissue, light pink in colour in the middle and I can see the veins/capillaries in there It also might be worth mentioning that my platelet level has been on the high side these past couple of blood tests. Its something that the doctors are monitoring but theyre not really very worried about it bc Im quite young. Im wondering if this could be why my body decided to birth a massive chunk of my uterus? This is quite unusual for me and Im not sure if I should be worried or not. Ive called the GPS and I should be hearing from a clinician this morning but I was wondering if anyone else has experienced this? PS: Im trans masculine to pls avoid misgendering me in the comments where possible. Avoid using women when referring to period havers, thank you That sounds a lot like a decidual cast. They have been known to be associated with progesterone and other contraceptive use/change. Doctor can confirm but it might be worth looking into. Hey Dude! (If thats ok to say) Ive had a few friends try progesterone a while back but only one had this happen - she went to the doctor and they said it was either a sign of an ectopic pregnancy ( but considering there were no signs before that it was unlikely) or that a bunch of the uterus mucus essentially solidified and fell out at once which is apparently a side effect of progesterone sometimes! If youre super concerned chat to the GP tho. Hello, friend! Ive recently just came off (what I think was) my first period after receiving the progesterone implant! Its common for me to lose my period almost entirely on BC, so Im still unsure whether it was my actual period or maybe my body is still adjusting and I had a little rough sex a couple days before. Either way, weve experienced the same bits of tissue passing. I had very mild spotting followed by the occasional passing of bits of tissue that looked as you described, I honestly thought it was just shedding from my uterine wall or something (which looks like thats what a decidual cast is, but I would still confirm that). Definitely didnt make me feel very sexy, though. Id passed clumps during periods, before, so I just thought I was seeing the casts because there wasnt any blood. Im interested to know what your GPS says, to the extent youre comfortable sharing. Also, I had cramps/headaches leading up to, during, and now after my period came, but no more shedding. I only experienced the shedding for a couple days after sex (which is why Im unsure if it was my period, but it happened when my period was supposed to come so). Yea will do, I had a look into it and it deffo looks like a decidual cast. Interestingly I also had sex for the first time in a while last weekend so maybe that encourages it on somehow? Ive had something similar to this, but it was in smaller pieces. They looked like tiny fleshy pink chicklets in the shower, absolutely fucking gross lol. Ive only ever had it once but I was told this is normal as its just a thicker layer of the lining being shed. The doctor called and he wasnt concerned about it at all, he was literally like yea dont worry about it [deleted]

How the f\*k do you get a cup airtight?? What the title says. I dont know any women whose vaginas are shaped like a perfect circle or even a circle for that matter. Every time I try to use a menstrual cup it leaks. If I put it far in against my cervix it leaks. If I put it more at the entrance it leaks. According to everyone online and the little instruction pamphlet that it comes with, its supposed to make an airtight seal or whatever inside of me but that simply cannot happen when the device isnt shaped like the hole it goes in. On top of this, cleaning it is just a huge gross mess. If I want to use it I have to hop in the shower every single time I clean it out, and with the aforementioned problem thats every 2-3 hours if Im lucky. Its not even filling up, it just leaks. I hate having to buy tampons every month but at this point its cheaper than all of the laundry I keep having to do. Mine came with two sizes, a big blue and a small pink. Same results with both. So what am I doing wrong? What have you found that works? Im about to just remove my whole damn uterus at this point. Im obviously at my wits end. (Edit for relavent info: I gave vaginal birth once and it was over a year ago, currently have an IUD, and I feel I should mention that I sit/lay weird which might contribute to the leaking issue if its becoming dislodged inside me. Twisted and contorted is comfortable for me but that probably doesnt help the leaking situation. I need something that can take that kind of wringing. Some of the products advertise that a wider/bigger cup is ideal for women who have given birth. How big are we talking?) Have you tried different ways of inserting it? (I.e. a different position, maybe your angle isnt right? A different folding method?) Are you using the correct size for you as recommended by the brand? Or try a different brand if you are consistently having issues with the one youre currently using. Ive tried several that were highly recommended but the divacup always worked best for me. Yeah I couldnt get my cup to even unfurl properly once in. I had to scrub under my nails and everything after sitting there trying for nearly an hour trying to make it work. No matter what I did it just wouldnt work. I think maybe you could try period pants? I think Im going to get some when I can afford to Ive tried every way it shows on the pamphlet. (Im using Ecoblossom cups, but they look just like every other one on the market tbf. Just a different tab.) And sitting, standing, one leg hiked up, etc. Im pretty sure its gotta be the shape of the cup thats failing me. My sister uses the exact same kind and they work for her. I cant know what specifics work best for your body, but one trick (that one magic trick everyone should try TM) that helped me with poor placement was to twist the cup inside (by the stem) a bit to ensure it opened up and created suction. THE largest improvement on my now 8 year journey with the cup was getting a different cup, not just waiting while my relationship with my very first one gradually deteriorated. Bigger size, different shape/hardness based on research of whats out there. Went from Divacup to Ruby. Yeah Im beginning to think that among other things I need a firmer cup. Getting it in place is fine for me but once its in its not sealing or staying put. Not all cups are the same. I just googled that cup and it is shaped differently from the divacup, for example. I highly recommend you try a different cup. Its not only shape but also some silicone cups are more firm than others. r/menstrualcups is a fantastic sub Thank you! Put a cup in it has a great sizing chart for menstrual cups and discs. I also highly recommend getting a bidet if youre going to use menstrual cups or discs. They are a game changer for women who menstruate. I didnt get much practice before birth control stopped my period, but Id curl my cup up a bit, insert it, then stick a finger in and circle it around the cup until it fully popped back into shape. Bit messy, but I only had a couple of leaks on my first few tries. I use a Diva Cup. My trick is to make sure that I can easily spin the cup 360 degrees. Then a gentle tug down after to make sure it seals a bit. But during some heavier days, I need to cup and pad it up. Because perimenopause is not fooling around, and it can feel like being a cleaner in Dexters kill room. As a warning, if you have an iud you may not want the cup to seal - my diva cup suctioned my iud partially out and it had to be removed by my gyno. She mentioned that she sees cups suctioning iuds out pretty frequently, and recommends against using a menstrual cup with an iud. Ive heard menstrual discs dont require suction and have the same advantages as a cup, but I havent tried one personally. I have heard that using cups with IUDs is safe, but then also this. In my repeated attempts to use my cup I at least havent had an issue (when I first started trying the cup I would pinch the cup to break the seal before I pull it. Just as a precaution.) But considering that it doesnt seal to begin with for me, that may be why. I thought that I \*shouldnt\* be able to spin the cup if it was in place? (And as someone mentioned with the IUD, the cup has a risk of dislodging. And yet my online reading about it said Its totally safe with IUD as well as Dont use with IUD!!) The information about it is so contradictory. 🤦‍♀️ I do make sure it pops back open inside me and then I have to manually adjust with my fingers to get it where I want it depending on which method Im trying. Id hate to have to be inserting or removing this in a public bathroom. Yikes, that is a lot of diverging info! So for me, the cup is raised a few cm higher while I spin it. The spinning is only to make sure the cup has fully opened and isnt in a oval but fully round. Once I know it is fully round, then I will (post-spin) tug it down a few cm. Then I dont spin it again. Sorry, I think I was way too vague in my response. I always do this while on the toilet or in the shower. I can never do it from a standing position. And I exhale a bit while spinning and suctioning, that added diaphragm pressure seems to hold it in place while finding the right fit. As for a IUD, I mean come on, that should be made very clear from the maker of the cup and MD/RNs. You should not have to research that yourself. Good luck. The cup changed my life, I was housebound for the heaviest days before it. I hope you find the right fit. Thanks. The hunt continues for me! [deleted] Flip?? Yikes. Also with the disk how easy is it to insert or situate? And I dont exactly do yoga but Im definitely doing some weird lounging/sitting stuff (Ive heard people refer to it as sitting like an aesexual but I always thought of it more like, sitting like a monkey or a bird etc) have you had any issues of it dislodging or leaking due to excessive or unnatural movement? [deleted] Have the same issues without IUD nor having given birth: different brands, sizes, methods... but always leaks...

Asked husband to get me period supplies. Whenever I buy tampons/pads I always get the generic (cheap) brands. I loathe spending excessive money on tampons and Ive tried the Diva Cup but it just wasnt for me. I have heavy periods because of my IUD and regularly wear both a tampon and pad. Anyway, whenever I ask my husband to get me supplies, he comes back with the most comfortable and high quality things! He never complains and it even seems like he gets a kick out of it. Hell come back and be like, I hope these are good! Haha..I had to share because its just another way a man can and should honor the vagina. Mine likes buying my chocolate. I reckon he thinks it soothes the inner beast (I get terribly snappy sometimes). I like buying banana chips for my girlfriend. She gets cravings for them, and the walk itself helps me. Chocolate is a must have for me, also! I have not had those in years! Sounds delicious. He sounds like a sweetheart! My husband does a great job shopping for me for my period, wether its supplies or snacks/comfort food. I was his first real relationship and he learned super quick. He is pretty great! I just ask my wife to text me a picture of the brand style, size, color etc. If I cant find a match, I send her a picture of her options. Thats great! He would definitely get me whatever brand I specifically asked for but he knows I skimp when it comes to myself. I honestly never noticed a difference between cheap ones (Id usually buy those) and expensive ones (you know sometimes youre in a tiny store and theres only one brand).

Period troubles Heads up this gets pretty gross. Ill try to keep this short, I (f19) got my first period pretty late relative to my family members(14-15 ish instead of 11-12ish) and the first year or so of it was pretty light and irregular and little to no cramps. I knew this was to be expected, but as I got older they got heavier and longer and incredibly painful. It has gotten to the point that my period regularly lasts 2 1/2- 3 months with about a month and a half until my next one(for background I am not and have never been sexually active). I didnt mention it to my doctor or mom as it was a taboo subject in my family (stupid decision I know) once I turned 17 I started taking care of myself medically however I didnt mention anything to my doctor until I had a 4 month period that caused me so much pain and exhaustion I could only eat, work and sleep. I had to wear an overnight pad AND a super tampon as well as 3 pairs of pants to work and would excuse myself to the bathroom every 30-45 minutes otherwise I would bleed through. I ended up losing so much blood I passed out at work and was taken to the hospital. At the hospital they tested my blood, which revealed what they called a deadly low iron count which didnt surprise me as Ive had anemia since before I started my period. They did a pelvic exam as well as an external ultrasound and everything came back normal. They gave me a tablet and an IV form of some hormone (I dont remember the exact name but it was something like megace?) as well as a blood transfusion. After I was out of the hospital (they kept me overnight for observation and the length of the transfusion) I had to regularly see a hematologist and a gynecologist. The hematologist has me get iron transfusions every 3 month. And my gynecologist has been trying to get my periods to behave normally to no avail. They started me on birth control tablets for about 5 months but they didnt do anything even after our 3 month follow up discussion where we decided I would double up on pills and skip the placebo week. Then last December I started the depo shot(what I am currently on), all it has done is make the breaks of my period shorter (3 weeks or so) but it has made it lighter, not light but I no longer need 3 pairs of pants to go to work and I only have to change a tampon OR pad every 2-3 hours and the heaviest bleeding only lasts about a week then about a week or two of light bleeding/spotting and then back to heavy flow. They said they next option is an IUD but I really dont want one for many reasons. They also said that I might have to have a procedure where they surgically remove all the uterine lining to give my body a fresh start I have may have missed some details, so pls ask me any clarifying questions. Does anyone have any advice? Been through something similar? Or just general reassurance? Hello! Im childfree so I have been looking at some period reducing things myself, but I dont very much care about keeping my fertility so keep that in mind as you read. The endometrial ablation (burning or freezing the uterine lining) is definitely something that can happen! My doctor said that being so young (im 23) that it would eventually fail and id have to go back in at some point to have it redone, but it is an option that would work in the short term. She didnt really tell me a timeframe about when that was however. You can also look into an endometrial resection, which is where they cut off the uterine lining, and that seems to work better than the ablation at stopping periods. Not sure what BC you were on, but I was on a medication called Norethindrone (a progesterone only mini pill) which is specifically designed to stop periods. It doesnt really work as birth control in the way you have to also use some other form of protection when engaging in sex, but you can take it the whole month without any sugar pills. It really did help my periods but unfortunately made me a little suicidal so I had to stop. The last thing you could try for is a hysterectomy. They will keep your ovaries, which should keep your hormone production and prevent you from going into menopause. This is definitely more invasive and has a longer recovery period, but will 100% get rid of your period. I get very very intense dysphoria on my period and sometimes I just really want to take it out and chuck it in the trash. I actually talked to a LGBT surgeon and they agreed that they can do a hysto for me!! So I guess I dont have any real advice other than there are plenty of options out there! If youre looking to keep your fertility, my doctor also recommended the ring, which you put up there and keep it in (other than taking it out for sex). I had similar problems, not the length but the excessive amount of bleeding. It was insane. A full packet of super maternity pads in a single day. The IUD was also recommended to me but all the horror stories and the pain of insertion, I was really against this but eventually my doctor agreed to put me out for it. If it is a pain thing you can request sedation or anaesthetic or even to be asleep. I have no idea why it isnt offered as a matter of course. But the IUD has stopped the heaviness and I dont have the rotten mood swings or other hormonal issues anymore either. For me it was worth it once my doctor agreed to insert it the way I was most comfortable with. The bleeding you are getting is not normal at all so dont let them sweep your concerns under the rug. I had the same extreme periods. I got the progesterone implant and it CHANGED. MY. LIFE. Im personally scared of the pain of an IUD that might happen. I had my girst implant inserted with no numbing agent and the doctor just forced it in with her fingers and it hurt, but I could tolerate it absolutely fine. Taking it out at a private doctor they injected a numbing agent where they were using the scalpel, but even if they didnt it would be so worth it.

TLDR: my periods make me miserable and there is nothing I can do. I (22F) am completely at a loss as to what to do and am feeling very hopeless. I have always had insanely heavy, painful periods. I hit puberty kind of early (I was 10 years old) and every month since then I have had 7, 8 day long periods with bleeding so heavy that I go through a super size tampon in 30-45 mins. I now use a menstrual cup but even that only gives me 3 hours or so at a time. The amount of clothes Ive bled through is ridiculous. I cant sleep through the night, I cant go about my day without knowing where a bathroom is, I cant do anything. Not to mention the cramps are insufferable and make it hard to get out of bed. My periods also make me severely anemic which is obviously not healthy. I also have a heart condition which makes it more or less unsafe for me to use most types of birth control, as estrogen can negatively affect blood pressure and things like that. I am limited to a few different types of birth control pills or IUDs. I have tried progesterone only pills twice and that only made things worse for me. A never ending period every day of the month. I was recently approved to use Junel-Fe, a low dose of estrogen pill. My doctor suspects that it is raising my blood pressure and wants me off it. The only other thing shell recommend is an IUD (mirena). But here I am, reading stories about people with mirena who bleed nonstop every day for 6-9 months. Not to mention tales of weight gain and acne and mood swings and the pain. Since I reacted poorly to progesterone, why would I not to the progestin in the IUD? It feels like there are no options for me and I am just going to be left to bleed through clothes at work and in the grocery store for the rest of my life. I am young, I want a family some day, a permanent procedure is not an option for me. I dont know whether Im looking for advice or reassurance that an IUD wouldnt be so bad, or just a cheer up. Im just tired of no one being able to help me with this. I am truly sorry that you are experiencing this. Would your Dr. give you a consult to GYN and Endocrinology ?? Maybe 2 different Doctors might figure something out ?? I really hope things get better for you !!!! edit: were you on progesterone or micronized progesterone ?? Personally, mine gets worse if Ive been inactive. If Ive been doing loads of sports and exercise, the amount of blood and cramps are usually less. Im not at the same level of blood as you, but maybe exercising a bunch could help you? Had a gf that used to Swear by marjoram. Said it was the only thing that helped…. &gt; But here I am, reading stories about people with mirena who bleed nonstop every day for 6-9 months. Not to mention tales of weight gain and acne and mood swings and the pain. Since I reacted poorly to progesterone, why would I not to the progestin in the IUD? You wont know until you try it yourself. Other peoples experiences with Mirena are irrelevant because every body reacts differently to it. Mirena is more likely to stop ypur bleeding than the progesterone pill, but yes, you might spot/bleed for a few months after insertion. I bled for 3 months with my first IUD (Jaydess), but after that my periods were super light, it was a dream. Progesterone! First question: have you been checked for fibroids, polyps, hormonal imbalances etc? I was checked for the first time earlier this year around May (cant believe no one brought it up before then) but I guess everything looked normal! There are many other things you can look into. Changing your diet and exercise regimen, seeing another doc for a second or even third opinion. There are lots of herbalists who promise the moon, but when youre faced with a problem like this, sometimes it takes some persistence to find an answer. When i had heavy periods, i would double up pads amd tampons (before cups were available) and change as soon as i felt it hit the pad. These, of course, are just things you can do until you find a solution. It could be a diet change can help. In the meantime, iron rich foods and supplements for the anemia and look for a doc who maybe has ideas the one you have been seeing hasnt? You can have a good doctor who simply doesnt know what the problem is ... All really good ideas and advice - thank you! I forgot to ask... you didnt mention cramping, but ephedra te can really helpif thatsa problem, but it is something that can affect your blood pressure so definitely discuss it with your doctor before trying.

Did your period change after IUD removal or is it just me?

Curious...IUD/Period effects Hey all. I (33f) never thought I would make a post like this but here we are. So. I got an IUD roughly 6 months ago (the skyla). It is my first one. At first there was a lot of cramping and heavy bleeding for my cycles the first two months or so, then it all lightened up a bit through last month, returning to my typical period that was relatively normal and on schedule. Monday evening, roughly on schedule, I spotted a bit and expected to fully start overnight kind of like normal. Then...nothing has happened. I checked my app and it showed that I am beyond, roughly about 10 days, from when I would typically start (day 38 now instead of an average 28.5 days between). I am writing to see if this is normal for periods to stop on the skyla or not. I am planning on taking a pregnancy test to be sure, and have no other symptoms but was curious if others have had similar circumstances without being pregnant on an IUD? I realize the chances are low, but the chances are there none the less and I just...am shook to be honest lol. Also: I know that if that is the case that I am pregnant, than I will need to get it checked ASAP for an ectopic pregnancy or other risks. My mind is reeling. The IUD is equal to or more effective than being sterilised so it is very unlikely that you are pregnant, especially if youve done pregnancy tests. Your cycle will just be all over the place. Try not to stress too much. Thats my line of thinking too. Thank you, thats relieving. I know it is not likely, but still. It makes me think. Its normal. Although the Skyla has a lower dose of hormones than the Mirena, it still can stop periods completely for some women. Even if they dont stop, its highly unlikely your periods would remain totally unchanged. The risk of pregnancy is negligible. Take a test to ease your mind, but you may just be one whos periods are highly affected. No or less frequent periods are a bonus.

I got rid of my period!!!! No Im not pregnant, my gyno prescribed me birth control pills because my nexplanon was causing me irregular bleeding, Im so excited not to have to worry about accidents, annoying granny panties and carrying emergency pads! Congrats! Ive been on the pill (and skipping my period) for over ten years now. Its a great feeling. I am on my third year now of skipping periods. There is no long-term damage doing this right? I am not interested in having children so thats not an issue, but its not unhealthy for the body to not have periods? Obligatory Im not a Doctor. The only issues Ive had is rare spotting when Im extremely stressed (the worst after an accident that required surgery) and a then 1-2 spates of light bleeding that lasted a few weeks, which my GP said was due to my Pill dosage not being strong enough anymore. The sugar pills were originally included as a way to try to pacify religious groups opposed to the Pill - a way to keep a natural period, which is really just a withdrawal bleed. Im told there is no medical issues with skipping; the reason I went onto the pill originally - my periods were so heavy due to endometriosis that I was anaemic, so my doctor told me to forgo having a period at all. Yea that is also the reason I am on the pill, I have endometriosis as well and have extremely painful periods where I cant work or even leave the house. So I would desperately like to continue living period free for the rest of my life lol Thank you for sharing this, there is so little (and conflicting) information on womens health and regarding birth control pills in general Hell yeah, congrats! Techncally when on the pill or other hormonal birth control youre not menstruating anyway- youre having a withdrawal bleed. Some people experience very little difference but formany a withdrawal bleed is lighter, shorter and has less other side effects than a real period- the hormones in the pill stop the endometrial lining thickening during your cycle so there is less to shed. &gt;Taking birth control pills to reduce or eliminate your period is just as safe as taking them in the conventional way, says Gerardo Bustillo, MD, OB-GYN, at Orange Coast Memorial in Fountain Valley, California. &gt; &gt;Menstruation isnt physiologically necessary. In general, women today experience many more menstrual cycles over their lifetime compared to women of previous generations https://www.healthline.com/health/birth-control/skip-period-birth-control#is-skipping-your-period-safe My own doctor has also told me the same- that its perfectly safe to not have withdrawal bleeds and to just keep taking the active pills. In fact because I have trouble maintaining my iron levels skipping my withdrawal bleeds is actually likely better for my health. I feel you with my IUD skipping periods, just time to time after few months with sex have pregnancy tests to not be tricked by my lack of periods 😅, enjoy!