Anal pain during period Im so sick and tired of periods. I am 19 now and have been only dealing with them for 4/5 years and i cant handle it anymore. I had severe periods when i was younger. Not that painful but so much bloodloss i had to change tampons and pads every hour or so. I chose to get an IUD specifically to help this. I dont use birth control, because i dont have sex with penis-owners. After a year or so i started to get my period again on this IUD and it was so painful i didnt know what to do with myself then to lay down in the shower so if i fainted i wouldnt fall. I was under the impression it was my IUD that had moved and went to the doc tor, she send me to the gyno. They said the IUD looked fine. I got the IUD removed after consulting the doctor three times. Just try another month, we dont see anything wrong. And now i have had periods for a year without an IUD. It gets painful every time. Sometimes i get nauseous and every time i have diarrhea and so much cramping when i poop that i want to cry. I really dont know what to do anymore. I looked into sterilization, IUDs. Even the gyno said i was okay. Should i go to another doctor and get it checked out again. The only thing i thought i might have was endometriosis, but since a gyno already looked at me i dont think i have it. Please help. yes yes never trust one doctor. someone else can help you! The blood loss sounds like a symptom of pcos, and the pain and diarrhoea sounds like endometriosis symptoms. Literally, the only way to confirm or rule out endo is with surgery. Unless you have had exploratory surgery (which is also the treatment), do not rule it out. This whole thing sounds exactly like my periods, and I have been diagnosed with endo and pcos. Keep seeing gynaecologists and dont be afraid to really talk it up and emphasise how bad it is. If they dont listen, go to someone else. This IS treatable, and you can live a pain free life. Please go to a gynae and push for them to investigate you for PCOS and endometriosis. I have endo and I get awful rear pain when Im having a period... Do not let them fob you off, refuse to leave your appointment if youre not satisfied with the docs suggestions. See a pelvic surgeon. There is a Fb group called Nancys Nook that has a list of doctors around the world who can help. Sounds like you have endometriosis. I had similar issues, got a laparoscopic procedure and they found all kinds of stuff. That procedure plus a hormonal iud gave me 2 years of peace. Im struggling again but it was nice to have a break The gyno would have to check explicitly for endo. Also, have them check whether you have a retroverted uterus. That sounds scary but it means that the uterus is tilted backwards, towards the intestine, and that can cause intestinal pain or other symptoms when you have your period.

Help? Period problems. So, I am 22F, and I had the nexplanon implant from my 17th birthday-21 birthday, and Ive been off of it around a year now. My period were pretty regular, until this past month. For about 3 weeks, Ive been having heavy flows, and the past week Ive bleed through all of my maxi pads over night and Im considering adult diapers at night. During the day, my pads get full about every 2 hours, and there are a LOT of blood clots. Anything I can do to help ease my flow? Im not pregnant, and im not cramping. Just a lot of blood. Thank you! When i had bleeding problems, i was advised to wait 3 months for my hormones to regulate. It can take months for your body to bounce back after hormone changes

Brown discharge normal? I went to use the bathroom today and I noticed that my discharge was a light brown instead of white as it usually is and has been except for today. I am on birth control (combination pill) and have been for about 6 or 7 months (i cant remember). is this normal? its exactly the same as how my discharge usually is except its a light brown. the same consistency and everything. is that normal or should I be worried? I havent had sex in about a month give or take, and I doubt its implantation bleeding because I got my period two weeks ago i think (this is the second week of my pack) and only had sex before that, not since. help? Yeah- Id say youre fine. Discharge varies but if you have other symptoms like pain, itching, smell, etc., it could be indicative of a pH imbalance, STI, or bacterial or fungal infection. Or pregnancy lol but like I wouldnt worry. could it be a sign that my birth control isnt working or isnt as effective? or should i be good on that as well? I wouldnt immediately assume that. It sucks because theres no real \*normal\* for vaginas, it seems. If you take it regularly, I wouldnt worry. But if youre still questioning the effectiveness, call your doctor. If you dont have any of the other symptoms the comment listed, I would also say that its probably okay. However, your obgyn can give you the most reliable answer to that and if you have concerns that your birth control might not be working, its best to ask them because they are the expert. I never had brown discharge. But due to the mini pill I use, my periods (technically theyre intermediate bleeding) are really light with so few blood in it, that it often appears brown instead of red. So maybe something got wacky in your body and it is not discharge but intermediate bleeding. okay thank you :) yes i understand that, but i just got my period two weeks ago. i also dont have an obgyn, but thank you :) I know it is unlikely that it is bleeding when you had your period two weeks ago, but it is still a possibility. Also I am curious, if you dont have an obgyn, does your general doctor prescribe you your birth control? Or dont you need a prescription for birth control where you live? I get my birth control from the health department. I live in tn. <3 I get brown stuff before and after my period. If youre getting it throughout your cycle you might have a polyp or a fibroid. Or it could be implantation bleeding too. Mine was a lot darker than my usual pre/post period discharge no its very light, not dark brown i also havent had sex since before my period (withdrawal bleeding) about two - three weeks ago Use a backup method of birth control. This is a sign that your birth control might not be working for you -- despite what others have commented. Ive had this experience, and ultimately it developed into having two periods per month. Talk to your doctor about this. thank you. could it be breakthrough bleeding? and if it is, is that normal 7 months (this is my seventh pack) in? i dont usually have it, just this one time. also, could it be blood mixing with discharge from the fact that a couple days ago, i used a lotta toilet paper and there was blood from wiping too much? thats embarrassing i am sorry. It can happen at any point while taking birth control. It happened to me after I took the same pill for years. Something changed (in my body, or in the birth control) and it no longer worked for me. Id say youre fine to keep trying to take it for now. But if the same thing happens for a few months in a row -- youll know for sure it wasnt a fluke. Like I said, use a backup method like condoms until you know for sure. okay, thank you :). i will wat a couple days to see if it stops. thank you <3 Sperm can hang around inside for awhile but not that long, I think. The vagina is very inhospitable for the little swimmers on purpose! hey, my boyfriend and i had sex and we used a condom. it didnt break the first time. but we did anal (without a condom) and he didnt finish, and then regular again (with a condom), but the second time it broke and he didnt finish at all. i havent missed any of my pills recently, do you think it will be okay? ^like he pulled out as soon as it broke Im not a psychic, but it sounds like youll be fine. Definitely keep using condoms. Also, be careful going back and forth like that between anal and vaginal -- its an easy way for you to get BV or a yeast infection. okay. thank you so much :) i will call the health department tomorrow to see if everything is okay with my medicine <3. thank you so much again :)) hey, my spotting is still going. everything should still be fine, right? hey, my spotting seems to be getting worse? is that normal? You should schedule an obgyn appointment. You need to talk to your doctor about your birth control dosage. thank you, but i do not have an obgyn. do you think that sex could have caused more bleeding? It could be. It could be from your birth control. It could be from stds. It could be caused by a number of things. okay so i called the health department and the doctor said that bleeding and spotting was normal in the first year of use. so that means that i have nothing to worry about, like effectiveness wise? Please dont take this the wrong way, because I dont mind helping, but it seems like you are young and not too informed on whats normal for birth control. I know theres a lot of information out there, but you should check out the [Planned parenthood site](https://www.plannedparenthood.org/learn/birth-control) they even have a chat option where you can ask medical questions. Take some time to read over the articles there about hormonal birth control. Its tricky because when youre on hormonal options, it can change your cycle and cause a ton of side effects. For example, I personally cant take progesterone only options because they will make me spot constantly the entire time Im on them. Maybe thats true for you as well? You do have the option to switch to another option, but you would need to make an appointment and chat with a obgyn. If you order your pills through an online service like NURX you can talk to them about it as well. you are correct. i am only worried because this hasnt ever happened to me before and im worried about the effectiveness of my birth control, but i will do those things, thank you <3 hey i know its a couple days after, but its the time for my period and i havent gotten it. it usually starts on the monday of the week since i follow the sunday week schedule of the pack. in fact, me discharge has gone back to normal and im really nervous and dont know what to do. You should invest in a bulk pack of pregnancy tests from Amazon. Honestly its the best thing you can do to relieve your worry about this sort of thing. Its cheaper in the long run, and you wont have to stress not knowing whats happening in your body. [Something like this.](https://www.amazon.com/PREGMATE-Pregnancy-Strips-Urine-Predictor/dp/B01H7P9Q5A/ref=sr\_1\_2?keywords=bulk+pregnancy+tests&qid=1685461997&sr=8-2) i cannot, my parents would know. we have a joint amazon account but do you think everything is fine? There is literally no way for me to know. Youre essentially asking me to gaze into a crystal ball and guess. I dont know how old you are, but maybe youre not ready to be having sex yet. Or at least the kind that could get you pregnant. Like I said, you really need to take some time to educate yourself a little bit more. I mean this in the kindest way possible, no judgement. yes i understand. thank you. hi, may i know how long you get brown discharge after period and how long your bleeding when period? my period is usually aroud 5-7 days, but now I get brown discharge (this is my third day I got this), I hope this brown stuff stop soon.. sorry for my bad english, this is not my first language. I usually get it on and off for about 2-3 days before and after my period. I also have fibroids that like to bleed when they grow back that gave me really long lasting brown discharge because they bleed a little all during my cycle but much worse during my period. Whenever I get one removed it stops but I still get the brown blood before/after my period thankyou for replying me. do you on BC? and how about sex? is it hurts? Not on birth control, and sex did hurt a little. I would go to your gyno and check to see if have any cervical polyps, those bleed like hell too I also got my brown discharge Im worrying abt it I took ipill 11 days bfr.. my periods due date is on Oct 18 ..is this implantation discharge? have you taken all your pills at about the same time every day? I took one I pill levonorgestrel aftr 48 hrs emergency contraceptives work if you take them within 72 hours, and you were in that window, so you should be fine, they also mess up your period for a couple cycles after you take it, so i wouldnt worry too much Thankyou :)

IUD - When do periods go away? I got an IUD in late January, 2 days after my January period ended. I bled after the insertion for a few days then the bleeding stopped for about 2 weeks. Then on February 10 I had what felt like my February period, which would have been a week early, and I have been bleeding (spotting mostly just in the afternoon but sometimes all day) everyday since February 10th. Is that normal?? Did anyone else have a similar experience and if so did you eventually stop spotting? I have a Mirena and for me it was about 4-6 months after Ive had mirena for about 2 years. I still get my period monthly, but it is much lighter, usually just spotting for 3-5 days. Then did it go away completely or do you still have periods? My doctor told me I might be spotting for the first 6 months and then my periods might go away all together. However, she did not tell me I might be spotting every day for 6 months. For the most part they completely go away. I still get some mild PMS symptoms and maybe very light spotting every once in a awhile Update-I stopped spotting on March 25th!

can i get my IUD taken out if im on my period?

Taking estrogen in any form reduces my feeling significantly during sex, does anyone else have this issue? i noticed that when i was on BC briefly a few years ago i lost the ability to vaginally orgasm w my bf. generally i dont orgasm every single time but at the time it didnt take much effort or i would at least feel close. the 3 months i was on it i felt almost nothing. i get a paragard, things are fine, blah blah. this year i decided i wanted to go on the pill (still having paragard) for a couple months to skip my period during the summer. (doctor said this request is more common than ppl think but i always get weird looks and nasty comments about it). Anyways. whole time i was on Sprintec, nothing. no feeling, no orgasm. It was rough. I get off of it in july after 5 months cuz i cant take it anymore. There was a two week gap between the pill and starting a Fenugreek supplement, for reasons other than intended purpose but i wont go into. in that two week gap it was amazing! vaginally orgasming, sex felt like 10000/10 even though its what we always do and nothing special. i start fenugreek and im back to no feeling or orgasming :( immense googling later, this supplement has phytoestrogens that i guess acts like estrogen and somehow an increase of that hormone makes ME not orgasm?? or feel anything during sex? i really cant find anything on the internet about it. Any ladies know what im talking about? Its a very mild progestin. Talk to your endocrinologist at your care provider and have a hormone panel run. Tell them what youre experiencing and they can help guide you to getting your hormone levels in a range where this will no longer be an issue. Not a woman, but I creep this sub to sensitise myself to womens issues. Phytoestrogens can definitely play into different things in the body. My understanding is that phyto&lt;anything&gt; is a compound that behaves similarly to the &lt;anything&gt;. Like, a phytotoxin is not inherently toxic, but can trick the body to treat as one and react to it as though it were. The reason I know this is from reading into the effect of soy-rich diets. Soy is a known source of phytoestrogens. Women that consume large amounts of processed soy tend of have higher rates of cervical and breast cancers. But women consuming large about of unprocessed soy, or traditionally preparation methods, were found to have lower rates of the same cancers. This was found by comparing studies done in the US and Japan where the preparation methods are vastly different. I know this sounds like its very much off topic. But it might be a useful avenue to find the information you need. Ive found specific phrasing of search terms can vastly improve or worsen your search results. It might be a longshot, but I hope it helps you find the trail that gets you where you want to be. Link to that study? If phytoestrogens were that powerful, then trans vegans wouldnt need premarin now would they? Ive been vegan for almost 3 decades (no cancer yet) and have never seen any actual proof of this, just propaganda. I think I might have phrased things in a way that betrayed my intent. Im vegan myself and have a fair amount of soy in my diet (tofu and tempeh). Clearly, Im no expert. And I apologize for not being clear. I dont have links to the studies, this was several years ago. I didnt mean to imply that soy simply causes cancer. My intention was to simply provide some established research (despite my lack of sources) on the topic of phytoestrogens affecting the body while highlighting that the same food source can have contradictory effects based on processing. My hope was that finding these studies might uncover some tangentially relevant information. I dont think I said anything that would imply that the levels are high enough to substitute for hormone treatments. But it appears that it is high enough to affect the body in subtle and/or cumulative ways over time, again, in different ways depending on the processing and preparation of the food source. Last I recall phytoestrogens dont really work in the body as regular estrogens do. This is where the myth of the soy boy comes from. Have you considered a progesterone-only pill? Also if you just got OFF estrogen pills, your body mat be starting to rebound and create more estrogen again. IANAD but Im not convinced fenugreek will do much unless its a ridiculously high dose. Maybe try a diffetent brand of fenugreek if taking it is that important to you. Yes, I think youre right. My understanding is that they will behave like estrogen in some ways and not in others. For a while they were believed by some to be endocrine disruptors, but I guess thats changed a lot. I think, too, that there is a lot of malicious information out there as well because soy stands a chance at displacing meats as a substitute. Its a very good food source and has been proven to be for centuries. i dont need a hormonal bc anymore just needed to skip periods in the summer, but thank you for the suggestion. Even though i just got off, it only took 3-4 days to for my body (or at least sex) to feel perfectly normal again. after 2 weeks i started taking very high doses of fenugreek and now i have a new brand and im taking 1/2 the recommended dose but my body feels like it is on BC again. maybe the smallest amount of additional estrogen messes up my system? because on it versus off it is night and day, no doubt its estrogen/phytoestrogen It sounds like you already know the issue you are having, knowung your own body is very important. I agree with another commenter that getting a hormone panel done can be very insightful. Maybe consider an alternative to fenugreek if you have to. Ive read reports from trans women who take estrogen only that it completely tanks their sex drive and makes them less active. Many trans women add progesterone to their hormone treatments to bring back sexual desire. Other sources say estroge is at the highest naturally when you are menstruating or even right after- basically opposite of ovulating, when your body is getting rid of the egg and DOESNT want sex. Its different for everyone of course, but many also report reduced/stopped periods while using a progesterone birth control like the mirena iud or implanon arm implant.

Rant; Why do birth control medications have fluffy stupid names? Mirena, Skyla, Kyleena, and Liletta all sound like names strippers. All I want is the ACTUAL chemical name of what is being released into my body so I can see if it will react with my other medications! You never get the actual chemical name, no matter what drugs youre taking. Its part of the marketing strategy. Also one pill doesnt contain just one specific drug, its often a combination and writing all of these on the package would be a bit stupid. Im sorry Im laughing because what youre saying isnt funny but Im still giggling at sound like names of strippers I dont disagree with you but they come up with cute names because often times the drug names are hard to spell and pronounce for the average person so its easier to give it a name thats catchy for an ad instead of levonorgestrel-releasing intrauterine device Edit: You may always ask your doctor the names of the drugs or Google can help you find them so you can research side effects and interactions. I only know enough to give an answer for one of the ones you \*didnt\* ask about: Premarin is named such because the product is derived from PREgnant MARe urINe. Edit: I just double-checked and Premarin isnt even a contraceptive. Ill see myself out. Thats all drugs. The chemical compound names arent really appealing and I think the idea is that giving things fruity names makes them seem less intimidating. Lets take Vyvanse for example. lisdexamfetamine dimesylate. No one wants anything with fetamine in the name haha (bc methamphetamine.) I just find it weird that so many birth control products get the pink treatment. I wonder if when the Male Pill is introduced itll have a marketing name like Mountain Thunder or something. I bet in order to have them want to take it they probably will have to name it something ridiculous. Because goodness forbid theyd do THEIR part without proper prompting. I took birth control pills for years and only ever knew them as ethynilestradiol/levonorgestrel and desogestrel. Those weird names seem to be another American quirk. And in that case lisdexamfetamine just means it has both the left- and right-handed amphetamine molecules. Compare that to dextroamfetamine, which is the right-handed molecules only. Im in Australia and my birth control pill is marketed as Estelle 35 ED. However it clearly shows on the outer packaging and on the foil tray itself the chemical content of the product- in this case the active pills are 2mg cyproterone acetate, 35 µg Ethinylestradiol and the non active pills are 67mg lactose. Perscription medication and select other medications sold in Australia are also required to have a consumer medicine information (CMI) available. Usually a copy is in the box with the medication (they must be made easily available for the consumer) and they are also available on the TGA website. [deleted] Wait dont wherever you live have the active ingredient printed on the box and a list of everything inside it? better then Comirnaty. Aka the Pfizer Covid Vaccine. I was just thinking this as well. The names I dont mind so much, no different to me than Neurofen Vs Ibuprofen - its just a drug name designed to be easier to remember and pronounce, that said the ones in the UK do seem to have less fluffy names - Ive been on Rigevidon, microgynon and Cerazette, none of which strike me as particularly cutesie! But I do hate that the packaging is always feminised, like I dont need it to match Barbie to know its for my uterus, thanks. I find that the names make it easy for people to compare products and share knowledge Theyre not quirks, theyre brands. You can get generics without the branding. Its still estrogen and aimed at women though :) Glad someone else is aware of that fact about its source! Well as far as male-oriented medications go, theyre similar. Viagra and Cialis arent exactly much different from Alesse or the such. My bc pill pack literally got the pink treatment. The stupid plastic is pink on top of the ridiculous name They should come with a list of ingredients, either as a pamphlet inside or on the packaging itself. I absolutely get your concern with the risk of taking it alongside other medications, though - seems like everything impairs its effectiveness. THIS hahhaha mfs will be moaning and groaning about having to take a pill. they already complain about condoms to begin with &gt; Compare that to Adderall which is just the dexamfetamine, right-handed molecules only. ... &gt;Adderall is a combination drug containing salts of the two enantiomers of amphetamine.... By salt content, the active ingredients of Adderall are 25% levoamphetamine salts (the levorotary or left-handed enantiomer) and 75% dextroamphetamine salts (the dextrorotary or right-handed enantiomer). [source](https://chem.libretexts.org/Courses/Furman\_University/CHM101%3A\_Chemistry\_and\_Global\_Awareness\_(Gordon\)/10%3A\_Pharmaceuticals/10.10%3A\_Amphetamines) Huh, I remember it being dextro, but its been about 20 years since Ive had any so hey ho. Ill edit my comment. Yeah no, brands are worldwide.

Did an IUD help your endometriosis/ heavy and painful periods? So I realized about 2 years ago that Ive had absolutely abysmal healthcare for the majority of my life. Ive had horrible periods since I was 12 (just turned 36) and the doctors in my health system refused to give me anything other than BC pills. I tried so many different kinds over the years and none of them helped my symptoms. My endometriosis is not confirmed, only suspected and the dr who told me I most likely had it, told me the solution was to just go have babies. He would not sign off on confirmation surgery or biopsy. About 2 years ago I switched to a different healthcare system that I had to drive a considerable distance to see and it was night and day. I actually cried. First time a dr has ever sat and listened to me and really seemed like they wanted to help. She put me on the depo shot and all my pain gradually went away. I no longer suffer for two weeks out of every month. I no longer have near constant pain in my lower abdomen that are probably just cysts. I no longer have painful BMs or pain when my bladder is too full. For the first time in 24 years I dont hate being a woman. The problem? I moved to a new state and had to find a new doctor. She seems like a great dr but does not like the fact that I am on Depo, and I do know that its hard on your body and cant be a permanent solution. She wants to switch me to an IUD. I am honestly kind of afraid of going back to how things were and that awful pain. Did an IUD help your debilitating period pain? Do they keep your endometriosis in check? [deleted] Also, if you need/want to try for a different gyno (especially to hash out a better BC option - if your endo doc does not provide a suitable recommendation), check out the doctors list on r/childfree - great resource, regardless of choice (to be a parent). The Mirena IUD completely masked my symptoms for about 4 years, at which point my endo had progressed to the point that birth control wasnt going to help anymore. Really sorry to hear that. It seems I have more research to do. I was under the impression that birth control slowed the progression, at least that is what my drs told me. The dr who told me I most likely had it, told me (totally violated HIPPA laws) that if I had it as severe as my grandmother whom he also treated, I would be infertile by the time I was 25, I was 18-19 at the time. I never understood why he refused to sign off on exploratory surgery if he knew how bad hers was and I was having similar symptoms. He just wanted me to go out and have babies. Bleh. Most doctors dont really know anything about endometriosis. Its barely covered in medical school - my endo doctor said his womens health course had like, one slide on endometriosis. The hypothesis that birth control slows endometriosis was based on the retrograde menstruation theory of endometriosis, both of which studies have been inconclusive on. Pregnancy also doesnt cure endo, and while many women experience symptom relief while pregnant, it comes back after birth. And then some women dont even get a break while pregnant! I really encourage you to check out the doctor map at r/endo and find a specialist. Mirena IUDs have been wonderful. No periods or extremely light ones. I have a friend who got one and had endometriosis and it helped her tremendously. This was a good while ago and then she moved away so I dont if she still has one. For me it did the opposite, it caused me to have more painful periods when I did have them. I did love the no maintenance, but it did make my periods more insufferable. However I didnt have endometriosis, but I didnt have any changes like cysts or anything come up for the 3 years on it.

Wife is in the ER with heavy bleeding, and I still have to work. Worried, and feel like an ass. TMI, but its more than one tampon an hour. Im also a woman, but I never had an experience like that and actually havent had a period in seven years (IUD). But we really need money right now and I have the only car, so she had to take an Uber to the ER. I feel like an asshole, and Im really worried shell wait a long time and get worse. I dont understand this medical problem, or what can be done, plus now Im also worried about being distracted at work and her missing work at her remote job. Im so sorry the two of you are going through this. A woman at my former apartment complex had uterine fibroids that make her bleed until she was anemic. Not deadly but definitely debilitating. I hope they figure out whats going on with your partner soon. Big hug and much luck. Hope your wife is able to be treated. Ive experienced this in the past and usually get tranexamic acid prescribed to stop the bleeding. If nobody is able to help her (we all know seriously how menstrual issues are taken), I suggest she asks for that prescription and then to see a specialist. Im sorry your job sucks! Ive experienced this once in the past and its scary, but was nothing serious. Hopefully your wife will be better and back home very soon, wishing you both the best. x Sending you two love and light. Im so sorry.

My periods dont stop, please help I hope this is allowed, Im AFAB but not a woman. I dont know where else to post. I (23nb) have been dealing with serious menstrual issues since I began puberty in middle school. I bleed for months at a time, sometimes heavy enough to go through bladder leakage products, sometimes light enough that a liner is all I need. Pads have begun giving me rashes and tampons dont dont even absorb the blood or stay in place. Period underwear have helped for the lighter weeks, but heavy ones are miserable. Ive been on everything but an IUD, and have learned progesterone/estrogen are both ineffective and a massive migraine trigger. My OB office randomly assigned me to some other lady instead of my OB and I dont feel heard when I speak to her- same as when I see the surgical OB that will be taking care of an IUD placement and hymen snip. I dont want an IUD. Im so afraid it will make my migraines worse again. According to ultrasounds, there is no endometriosis or PCOS. Theres a family history of fibroid tumours but I havent grown any yet. Ive just started on testosterone at a low dose and they dont think it will do much to help my periods. Im at my wits end and cant keep doing this. Insurance wont sign off on a hysterectomy because of transition and age. Please, I need help, I cant keep doing this. What else can I do to make it at least bearable? What about an ablation? I had a similar problem a few years ago. Their exam consisted of an ultrasound cancer screening and they prescribed the pill for 3 months (I dont normally take it). It didnt fix the problem and I just felt like they didnt know. It eventually resolved on its own, but it was several years. I had to use the 10 hour pads and change them every hour or two. Its super frustrating, but I didnt feel like my doctor had any answers. You can get period panties for a nighttime backup. Ugh, I use to have that issue a lot but now it is lessened but I do have polyps randomly developing in my uterus 🤷‍♀️ I have had mutiple surgeries to remove one but homestly nothing has worked so far. My usual OB was fighting for that and referred me out to a surgical OB (the one that will place the IUD) to see if I qualify for the procedure. I cant remember all that was said, I dissociate a lot during OB appointments, but the gist of it is that its not going to last very long if it even helps in the first place. She said she suspects Ill end up even worse off if I have one done so its not worth it. Ive been on some kind of hormone since middle school until May when I began testosterone. It didnt stop anything, just turned 24/7 heavy bleed into 24/7 light bleed + bonus migraines. Theyve done external ultrasounds and tried to do internal but they cant insert the wand. Im working on getting more sets of period underwear so I can wear clean ones overnight, theyre just expensive :( Im sorry you also experienced this, but Im glad to hear Im not alone Dang :( thank you for sharing, I will try to see about checking for polyps One of my good friends had it done, no issues for 20 years.

A Vent about periods and travel Hi friends. I just want to vent about how frustrated I am with my period. Im from St. Louis, and I recently got an audition invite in Los Angeles. This is such a huge amazing moment for me, but its difficult to enjoy because my period just started. And not just started. Because of my IUD, I have very difficult periods now. I explode for two days straight. And of course, my explosive period will happen during my whirlwind trip. I wanted to pack light. But I need to take so many products with me. During the worst of things, I will blow out an Ultra tampon. So I wear a pad as a back up. A panty liner isnt enough. Ive stained pants while wearing an Ultra and a panty liner. Im gonna be on a plane for 5 hours. I wanted to wear comfy leggings, but now I need to wear jeans because you can see the outline of pads through leggings. I have to bring 14 different types of pads, 20 tampons, a cup, and Im still worried it wont be enough. Anywho, I just cant believe how bad my luck is. Over the course of this year, Ive had my period on every fun event Ive had. First commercial in over a year? Period. Friends wedding? Period. Audition in LA? PERIOD. I bought some Thinx yesterday. Perhaps that will make my life easier, unless I can bleed through those, too. Postpartum I used depends underwear. I have used them more than once since for heavy flow. Theyre comfortable and not super obvious. Congratulations on your audition! Menstrual cup You have my sympathies. Im having issues with over-the-top periods myself (currently on day 9). My recent week-long scuba diving trip: period. My extra training days at work in a new department: period. Going to visit my mother for a week soon, counted the days on my calendar: there will be period. The thing that I hate the most are cup failures, and the feeling you get when you stand up after sitting for a while (you know \*that\* feeling) and needing to find a bathroom asap. Menstrual Mayhem. Thats what I call it. Thank you. You have mine too. I cant even predict my periods. I tried using a tracker for 2 years and I was never able to track it. God, cup failures are so bad. Its why I only use one on my light days. I swear my cervix moves around just to spite me. Thank you! I wish I could use hormonal birth control that eliminated my periods, buuuuuuut I dont like what the hormones do to my mood. [deleted] Cups sometimes runneth over. Seriously, they need to make one for extra-heavy flows. Id call it the Big Gulp. :) Menstrual extraction vacuum + IUD sounds like a spectacularly bad combination. I have the same problem with Christmas. I think its related to the stress of the holiday but I wish I would have had an ablation done with I had my tubal. Sometimes I still get bleeding when Im on the pill non-stop and its always during a gross heat wave or Christmas. How about wearing leggings and then a long top / t-shirt that covers ur butt. And if u need waist emphasis to compliment your body, add a belt of some sort! I know this is the least helpful comment, but I felt bad when you said you couldnt be comfortable and had to wear jeans :( Hope the period gods help give u an easier one this time Have you tried a hormonal IUD or is it a copper? All pills Ive tried have fucked my mood up but IUD (mirena) didnt. There was an adjustment time of few months but after that no periods at all for three years and counting!! Couldnt be happier with it I havent tried a hormonal IUD. I have a copper one. No mood problems you say? Hmmm... Girl same! Literally every year since I hit puberty, when my family plans a vacation my period will start at the most inconvenient time. Im actually in Florida right now and my period started the day before our 14 hour drive here. I cramp badly for the first two days of my period, PLUS I get carsick. And now I have to wear a tampon to swim and I cant stand tampons 😭 Yep! The first ~2 months with it were rough, PMS sort of feeling, spotting, pain and the whole cavalcade of bullshit. But once my body got used to it they all went away and its been smooth sailing, and that never happened with pills (Ive tried both minipills and combination.) I had anemia from bleeding so much and really bad period pain and cramps and it fixed those too, but just the money Ive saved on tampons and pads would have been worth it. Im slowly getting my menstruation back now after three years but its still just a smidgen of blood that doesnt even need a pad when it used to be the niagara falls. I cant say it works for everybody but it worked for me so well I really recommend everybody to think over trying it. Ill definitely consider it! Im curious why having hormones in your uterus is different to swallowing them... Assuming you have the copper IUD and dont have issues with hormonal birth control, take the pill! I have a copper IUD \*AND\* take the pill so I dont get periods. Eta: Take enough products with you for before your flight, during your flight, and a couple hours after you land. Buy small packs of new products at your destination. You can also take 2 carry on bags on most flights, so you shouldnt need to really worry about how much youre taking. Unlike many birth control pills, an iud doesnt contain estrogen. You have my sympathies. I was period-free for five years due to birth control and it was so amazing. Now that it is back, I remember how much it sucks to have to plan my life around gushing blood every 3-4 weeks. I think I finally have mine sorted out with a combination of the largest menstrual cup I can wear comfortably backed up by period undies. Even so, I have to change the cup every 6-8 hours which means not getting a full nights sleep, and having to watch the clock all day long for the next dump time. It is so frustrating, and hats just with (mostly) being at home all the time. I would not be able to handle traveling on top of it, so props to you for managing! Thinx are one of the brands I use and they are great, I also like Bambody which are about 1/3 the cost and work just as well. There is only a fraction of the amount of hormones. IUD releases progesterone very very slowly and continuously, and as it is already where it is needed to be effective (against the lining of the womb) only a fraction of it gets into your bloodstream &amp; circulates everywhere to cause side effects. On pills your hormone levels spike when you take it and its all in the bloodstream before it even gets to your womb and ovaries. For most people IUD leaves your ovaries &amp; estrogen production alone, so you preserve your normal hormonal cycle. Pills flatline and replace absolutely everything. Sorry to hear about your bad luck! However, I have fairly heavy, painful periods with regular flooding. When I talked to my GP about this when I was due to be away about 2 years ago, she prescribed me a small quantity of tranexamic acid tablets. Wow! Take a couple of hours to kick in, but then.... so little flow! They were so effective I didnt need to take them all that trip and kept some for any future emergency situations. I only have two left, but they were with me every time I had to travel for work since. Such a security blanket! Its what they use in hospitals to help blood coagulate and stem blood flow. No hormones. Maybe they might work for you too? Good luck with your audition 😀

Implantation? Hello, Ive been having cramps for the past 3 days and theyre only getting worse. I was supposed to get my period today so thats what I thought it was, but so far Ive only had brown spotting for about 3 days. Yesterday I noticed an increase in the spotting amount and I thought it was my period, but it stopped since then; now I only see something when I wipe. I dont have any other early pregnancy signs, so Im not sure if this is implantation or just my period being unusual. I havent taken a pregnancy test yet because I figured it was too early. Does this sound like an early pregnancy to anyone? Id appreciate any help, Im really anxious! It sounds more like delayed period than implantation bleeding, but implantation can vary from person to person. Some never bleed at all. The brown blood is old blood, and the fact that you got bright new blood after makes me think delayed period. Test after four more days if it hasnt shown up It wasnt bright blood, it was still brown just an increased amount than when it first started. But it stopped, and if it was my period wouldnt it have continued? Do you mind if I ask your age? Periods can be weird. For some, they may be regular for a bit and then shift as you get older. When I was early twenties, they went from straight heavy day one and two, to barely there for a day or two, a day of no bleeding in between, then three days normal heavy to light flow. They dont stay the same, and stress can mess with them easily. For reference, Im 34 and have had three kids That makes me feel better, Im early twenties and have been under a lot of stress so that could be it. I was just confused bc this is the first time something like this has happened. Thank you :)

Required Costs of Time and Money I work for a top tier, big tech company with top shelf health insurance and just had a hysterectomy yesterday. Its going to cost me out of pocket $2,200 for the operating room, $200 for the surgeon, and the anesthesiologist estimate was $1,100. \*\*This is healthcare in the US.\*\* In my 20s doctors wouldnt \*allow\* me to have a hysterectomy because I might want to have kids someday - they chose \*for\* me - despite me realizing at 5 years old that I could not handle watching my own heart run around outside my body (as I later heard being a mum described, and loved). I knew what motherhood entailed and I knew I couldnt cut it. Ive had horrific injuries, my limbs literally shattered in pieces, and handled those with grace. But \*nothing\* compared to my monthly cramps. Screaming agony to the point of vomiting. This used all my sick days for two decades (when I was lucky enough to HAVE sick time) and uses street cred because in a male dominated industry like tech aint nobody got time for girly stuff. I tried to fix it by signing my life away and got an endometrial ablation at 24 but it wore off and my periods returned which I now know fourteen years later thanks to Reddit (not my doctors!) is a giant flag for endometriosis. Sooooo I was on depo-provera for fifteen-odd years to stop Hell Day. Doctors didnt tell me its black boxed by the FDA and causes bone loss so now I have osteopenia, the step just before full blown osteoporosis. I later attempted a second ablation and IUD insertion and they found and removed endometriosis but also punctured my uterus (!) so the ablation was canceled and my stupid IUD fell out the next day. Pain, pain, pain. All this could have been avoided if I had been granted bodily autonomy when I was 24. Im lucky I can afford $3,400 for freaking \_necessary\_ care but boy howdy am I pissed ... and getting madder every day watching laws pass to strip further autonomy from my younger sisters. These words are from a Sioux puberty ceremony: Walk the good road, my daughter, and the buffalo herds wide and dark as cloud shadows moving over the prairie will follow you. . . . Be dutiful, respectful, gentle and modest, my daughter. And proud walking. \*\*If the pride and the virtue of the women are lost, the spring will come but the buffalo trails will turn to grass.\*\* Be strong, with the warm, strong heart of the earth. No people goes down until their women are weak and dishonored. . . . This totally, totally sucks, but from another of the HysterSisters--3.5k is cheap to not deal with it ever again. Pity my taxes dont cover it, though. Seeing really low (nonexistent) ROI on my tax dollars. Im on the couch recovering and listening to the menopause episode from the podcast Hit Play Not Pause and browsing the anarcho\_primitivism subreddit now. Time to rethink cycles and going through another rite of passage.

Constant spotting 7 months after Mirena insertion Hi All, I got the mirena IUD 7 months ago and since then have experienced pretty much constant spotting. My period will last 14+ days, stop for a few days, then start up again. Tough to say if they are just really long periods or if its just spotting. Worried that this spotting wont go away and Ill have to get it removed, has anyone experienced something similar? Thank you!! Yes, this is very common for progesterone-only birth control, which Mirena is, and if it hasnt settled and gone away after 4 months, ita not going to. If spotting wasnt an issue for you before you had the Mirena put in, it should clear up shortly after you have it removed.

Constant Menstrual Periods I feel very alone in this, but doctor has said this sometimes just happens. About two years ago, I (now 35f), started getting very tired. Stopped exercising because I was so tired. Then about two months later, I started bleeding when I wasnt supposed to. I tried to rest, cause I know this sometimes happens. But the bleeding didnt stop. I am naturally a heavy bleeder and need to take iron tablets. I was bleeding approximately 3 weeks, and maybe 7 days was dry/light bleeding. In about 3 months I had put on 10kg. Also, I was terribly bloated all the time. It was too painful to wear pants. Im a virgin, and so the normal doctors couldnt do a pap smear. I eventually got to the gynae, and she gave me very mild contraceptives. (because of high blood pressure problems). It made the periods not so heavy, but were still constant. So, the gynae puts me in theatre, did some tests, pap smear, and inserted the Mirena. After waiting 6 months, the bleeding was still all the time (I think its less, but theres hardly a dry period). After 18 months since the bleeding started, , we realised that the gynae hadnt picked up that one of my blood pressure tablets is renowned for causing irregular bleeding. We stopped that tablet and the bloating, soreness and general tiredness stopped. I could wear pants again. But the bleeding was still happening. So the doctor now wants to take the Mirena out, and see how I am without hormones (cause she didnt pick up the problem with the blood pressure tablets before hand). But basically, she doesnt know why its happening. Just said it sometimes happens. She asked me what I would like to happen. I would like the bleeding to stop. So, I asked about a hysterectomy. She said she would consider that if i already have children. I mean, Im 35, there is no future father in the picture. Im someone who will only have sex when Im married. Im not marrying someone and having sex with them while Im bleeding. So, Im just waiting to take the Mirena out. But, I doubt thatll work. So afterwards, Im starting to think I must just push for a hysterectomy? Ive become so used to bleeding. I always wear at least a pantyliner. Im now about 18kgs heavier than I started out as. And Im struggling to lose the weight. Its not budging. And I dont know if its linked. And Im supposed to be losing weight to help my blood pressure and cholesterol (getting a bit high). So, that is my rant. Where are you, in the world? Prolonged bleeding like this needs more imaging and testing. Im saddened that only your hypothetical husbands feelings about fertility are being treated as the primary concerns. You deserve to be healthy \*\*for yourself and no one else.\*\* No just no. Try another doctor. It doesnt sound like they tested much. Did you get an ultrasound? Have they checked for cysts? Your not supposed to bleed all the time and letting that happen for such a long time sounds like neglect on your doctors side. I dont even want to start with them denying you based on your child free status. Get a better doctor, insist on your rights to a hysterectomy if thats what you want but again, get a better doctor Im 37, have adenomyosis which is barely controlled by 2 form of birth control and still cant get a hysterectomy because I dont have (and dont want) kids. I also cant access any of the doctors on the reddit list of good gynos My mom had this. She was in her 60s and none of the doctors that saw her thought it was odd that she was having a period at that age. She had to get blood transfusions many times from bleeding so much. Long story short, she died from endometrial cancer 2 years ago because by the time a doctor thought something was wrong and found it it was too late and she died about 6 months later. Push for testing until you have answers. You have to be your own advocate. I hope you find help in time. This sounds incredibly serious and you NEED to push for more investigation - this could be endometriosis, cancer in your reproductive organs or cancer in a hormonal system in your brain. PLEASE do not ignore this and dont settle for a hysterectomy, even. It might not even be related to your uterus itself. Were you tested for adenomyosis. I need iron transfusions which suck arse,34, 2 kids and drs are still arguing about whether or not I want another kid Have you had your thyroid checked? Im borderline hypothyroid and bleed a lot. Its given me anaemia and folic acid deficiency. Apart from the weight gain, my symptoms are similar to yours. My ultrasounds came back clear for things like fibroids and ovarian cysts. I had STI and yeast swabs, they all came back clear as well. My doctors said its unexplained but I never had these problems until my thyroid became underactive after surgery. My wife had constant bleeding and it was traced back to uterine polyps. Which were apparently caused or exacerbated by the tamoxifen she took post breast cancer treatment. She had a D&C and it resolved the problem. 10+ years cancer free, she is well. They checked for endometriosis, and cancer in the reproductive system. Not sure about the brain. Ill go back to doctor and push for answers Im in South Africa. Similar thing happened to my mom, but she was older. She never found out was wrong, but they did a hysterectomy. Yes, we did ultrasound, checked for cysts and a bunch of other tests. I think Ill go back and try to get some answers Im so sorry that happened to your mom. Im going to go and try to get some answers. They did a lot of tests. That one doesnt sound familiar. Ill check with the doctor. Yes, I think Ive had it checked once a year since 2018. Its normally the first thing they check if Im feeling unwell, and they dont know why. Thats my worry, that the tablet I was taking, for maybe 2 years, that they didnt pick up, had done irreparable damage. Glad its not your thyroid. You deserve answers though. I would keep pushing, its a shame we have to keep doing that. Dont let it lie.

Bleeding after sex with hormonal IUD? TW: Blood. Hello. I am a 23 year old female who, this past January, had my first hormonal IUD inserted. I recently have been experiencing some bleeding after sex. Its not heavy bleeding. More like light and quick bleeding. Theres a burst of bleeding and then it stops. There is no clotting like with a period. I am not having rough sex either. I havent been experiencing any horrible cramps or pain either. Is this normal? Has anyone else experienced something like this? Should I be worried? Thank you In advance. Im a medical doctor and I can tell you it is nothing to worry about. It is completely normal to experience some blood loss after having sex, especially in the first few months after the insertion. If you start having serious cramps or pain and/or extreme blood loss you should definitely contact your doctor. Also, feel free to ask me more questions if you are not sure. this has been happening to me too, but now with cramps and pain! Thank you so much! This made a feel a little better. Im glad Im not the only one!

kyleena and my period hi everyone! i am a lowkey hypochondriac and i got my kyleena iud february of this year. i spotted for around two months, and then my period and any kind of blood dissapeared. these past two weeks i have had period cramping and then suddenly i got my period two days ago… not as heavy as it was before but it is def period blood and i have to wear a pad. i am not sure if this is normal? what should i do? also, when they checked my iud a month after insertion, they could not find the strings and i got an utrasoubd (they found it in the correct position) jic. rhank u&lt;3 Ive had Kyleena for about 3 years now. My periods have stopped and they went after about a year of having it. They would stop and start and were gradually getting noticeably lighter and shorter with time until they went, but it wasnt a perfect decline. Some months I would go without and then it would reappear. Some months I only had the symptoms and no period, some months I had the period and no symptoms. I hope this helps! I think you are okay but if you have any other symptoms like cramping, pain or discharge see a doctor. thank you!!!

Does anybody else have a horrible fear of putting in a tampon after having an IUD put in?

Prolonged spotting on mirena IUD? Got my IUD installed early January of this year. At first I was pleasantly surprised because I completely skipped over February and didnt bleed at all. However since April, I get really annoying spotting that lasts for around 2 weeks. Ill only be clear for another 2 weeks until the cycle restarts again. The spotting itself will be 90% old blood, very rarely new blood. It also varies in consistency, sometimes its stringy..? Just wondering if anyone had similar experiences and if it ended up getting better? I know Im out of the 3-5 month period where this usually regulates and I dont think I can put up with this if this is how it will be for the rest of the time I have the IUD. As a side note, I did have an ultrasound done one month after the IUD was installed and it was sitting in the correct place. No sudden pain etc since, so I dont think it migrated. I personally had spotting for six months on and off and since then just a few drops a month. I too have spotting, Im on my second Mirena. Do you have an update? I got Kyleena end of March and I have old stringy blood every month now for WEEKS. Last time it was 10 days, this time its been 19 days and I am losing my effing mind. I am just over 5 months in and I will wait for the magical 6 month mark where everyone seems to have their side effects disappear, but idk how much longer I can manage. Hi! So I believe it definitely has improved in the last 2 months. My spotting has gone down to around 7 days and its also consistently lighter when before it would be heavy then light to where I would think it would be gone the next day, only for it to come back heavy. The cycle also happens more regularly now in usually 21-25 days vs every 2 weeks. One thing I did forget to mention in my post is that I do weight lift so sometimes depending on intensity it does make the spotting heavier OR cause random 2 day spotting. Amazing Im so happy to hear that. I have had spotting pretty much since mid august but I realized today Im well into my period week now and it hasnt picked up, which is good and bad I guess, I want my body to clear out whatever is in there but at least Im not going into full on bleeding. That said, Im also not sure if my cycle is just now completely fucked up 🤷🏽‍♀️ I will continue to wait it out since Im now at 6 months this week and things seem to be easing up since I posted 3 weeks ago. Youve given me a bit more hope! I got mine end of March and have spotted since insertion. Im really hoping this stops!! I also had the stingy discharge and old blood etc. I have had mine for over a year, and its been weird. At first it was on and off. Then my period totally stopped and it was awesome. Its been over a year and now I am spotting every day. The spotting is dark, almost black. Its sticky. I cant wear any underwear thats not black. I will ruin my light-colored sheets if I have sex on them. I feel embarrassed being with a sexual partner because I am worried they will think I am gross and off-putting because this strange black/brown-tinged discharge. I went to my doctor and they said that it was normal and will probably go back to normal if I just hang in there, but its only gotten worse. I went to my doctor and they said that it was normal and will probably go back to normal if I hang in there, but its only gotten worse. aid that shouldnt make a difference. I dont believe theres a correlation now. I take a multivitamin every day. I have been considered slightly anemic in the past but most people of my demographic are anemic anyway. I saw somewhere that limiting sugar and alcohol consumption might help. I am curious to see if that is the case. Im three years into mine and have this problem. Need to get it removed 😐 Oh crap that must be really annoying. Did the gyno ever give any explanation for it?? Hows your IUD OP? Any spotting remaining?

What happened to your cycle after your IUD? I just had my IUD removed less than a week ago. Its been almost nine years since Ive had a period. Ive now spent as much time without menstruating as I did menstruating. We arent trying to get pregnant right now, so it should all be starting up again soon. Ive already noticed some very light spotting and that tell-tale smell. What all did you menstruating people experience related to your periods after having your IUDs removed? When did your first period come and what was your first period like? How long did it take for you to get back to a regular cycle? I felt like such a teenager again, buying some tampons and liners and condoms with no clue regarding my own preferences or the current recommended practice. I will freely admit that Im a little nervous about it. I had no period for 4 years when I had a copper IUD . It came back with a vengeance and i just had that removed two years ago . Seems to have settled on bc pills now and finally am regular . I never had a regular cycle with an iud. Tied it into endometriosis . Doctor said it wasnt iud I disagree! Mine was removed in November and still trying to figure out. First cycle 40 days, 2nd cycle 27 days, currently 28 days and I had positive opk 15 days ago. My periods are extremely light and I spot for multiple days before so its really confusing. Currently 6 days spotting and Im a bit lost now when my period is coming. Thank you for sharing your experience! It sounds like the period tracker I downloaded today after I first noticed a little bleeding wont be much use for a while. Best wishes to you!

Kyleena IUD bleeding [deleted] Any time you start a new birth control its normal to expect 3-6 months of abnormal bleeding Yes. I have one of the hormonal IUDs (cant remember if its Kyleena or Mirena) and bled heavily for the first month or so, but it slowed down after that. Id say I was spotting inconsistently for at least 3 months, probably close to 5 months. I have a few close friends with Kyleena/mirena and they all had a very similar experience, varying only by a few weeks of bleeding. Was it worth it? Not sure at this point. Its been three years, and (knock on wood) i havent gotten pregnant despite using no protection with my long-term boyfriend for about 2 years now and havent had a problem with pain from the IUD since about 3 months after insertion. But, Ive also thought about whether Ill get another once this one is taken out and am hesitant to do so in fear that I will have to go through the same pain and bleeding again. Mine lasted 14 days straight and I was starting to lose hope. It was random bleeding and general crappy feeling for at least 4 months but it did get better. Periods are very light now and minimal side effects as far as I can tell. Still on the fence about using it but Im enjoying the lack of periods and cramping tbh (its much much less for me now that Im past the worst of it). So pretty much exactly what everyone else here has been saying. I truly have no advice for you other than to do what you think is best. If you dont want it take it out. If you want to wait and see. Do that. Thank you!! This is very insightful info! I appreciate your input thank you!

Period Products Hi yall, I recently got my IUD removed, and a lot has changed in the last 5 years as far as period products go. I like the idea of making some one-time purchases (like period underwear, the cup) instead of monthly pads and tampons. It seems more affordable in the long run and way less wasteful for the environment. So hit me with it. What period products do you swear by? Your holy grails. I usually have a light flow, occasionally medium. Im 27 if that matters and Ill be starting a job in healthcare this month, so a solution I can largely forget about during my shift would be ideal. Thanks!! I bought a mooncup 7 years ago and aside from buying a couple of washable pads and a bottle of Milton sterilisation fluid I havent needed anything else in all that time. Hugely recommend. More comfortable than tampons and you can put your mooncup in even before your period starts. I prefer the period underwear, theres some really great ones out there, I got mine from adore me. I just wanted wearing pads for a while before using the period undies and it was a bit of an adjustment in feeling when I used them, but I find them very comfortable and protective. I can wear them from morning till night and not have to worry about leaks. I swear by my Modibodi period underwear. I havent tried another brand, but thats because I havent had to: theyve lasted incredibly well, and keep me dry and comfy. I know we often talk about cost and environmental impact but tbh by far their biggest benefit is comfort. I wouldnt go back to pads if you paid me, and I resent putting in a tampon while swimming. I think in terms of cost in particular, a cup is way, way better! But the period undies I have are so good Im not tempted to experiment. Ive been using a Diva Cup for over 10 years and i love it. I will never willingly go back to disposable products, although the environmental impact is just a happy side effect. Bad news for the period underwear crowd!! Looks like many period underwear brands have issues with [PFAS (forever chemicals)](https://www.sierraclub.org/sierra/ask-ms-green/new-independent-study-confirms-pfas-thinx-other-products). In fact, theres a new class action lawsuit. These are [known to be toxic to humans, even at very low levels, and have been linked to cancer and fertility problems](https://www.fastcompany.com/90450618/report-thinx-menstrual-underwear-has-toxic-chemicals-in-the-crotch), and they are just as detrimental when absorbed through the skin as when theyre ingested. If that concerns you, read the Sierra Club article linked because PFAS are in sooooooooo many things these days. The brand Aisle, formerly Lunapads, was tested and did \*\*not\*\* contain PFAS. Props Aisle. Many also use [silver nanoparticles for antibacterial properties that are known to migrate, raising concerns disrupting the microbiome of the vagina/cervix.](https://www.madesafe.org/the-ultimate-guide-to-period-products/) &amp;#x200B; Ill be going with 100% medical grade silicone, undyed/unpigmented cup, based on [MadeSafe.org](https://www.madesafe.org/the-ultimate-guide-to-period-products/)s guide. For anyone interested, the brand [June is selling them at cost for $8](https://thejunecup.com/). Props June! I think Ill be going with a cup! Thanks! Question-- I go to the gym a lot and do things like lunges and squats. Do you think cups can stand up to that type of activity without leaks? I did some looking around based on the recs made here and I think cups are the way!! thank you I do have a question. I go to the gym a lot and do things like lunges and squats. Do you think cups can stand up to that type of activity without leaks? I bought cheeky wipes period underwear. They might be a uk brand and I love them. As long as you insert it correctly it shouldnt leak. The only time I have issues during lower body exercises / running is when I mess up insertion or if its too full and needs emptied. Usually if I mess it up I know right away because its uncomfortable. Love my menstrual cup though. Ive used both Lunette and the diva cup. Id recommend lunette over DC for beginners! I run and workout at the gym (Body Pump and heavy lifting) and Ive only had an issue once or twice while running. In over 10 years I take that as a win. Im sold! thanks The way most cups work is that they have tiny holes just below the rim that use a sort of suction when inserted properly to keep them in place. Ive found that upright activities such as lunges and squats, and even cardio like running, biking, jump rope, etc. are fine and they stay put without leaks. However, if you do yoga or anything similar, I caution against upside down moves such as downward dog or moves that involve lying on your back and stretching your legs too far over head because I have definitely had a waterfall situation. Fortunately I was at home alone when that happened and about to take a shower anyway 😂 Edit: Im also a fan of the charlie banana reuseable pads. I use the full pad size at night which works well because I have a fairly moderate flow. During the day I use the shorter liner size in conjunction with my Saalt cup just in case its not inserted properly on the first try, but also if it is inserted properly on the first try, there can still be some minor discharge from any menstrual blood that was already in the vaginal canal when the cup was inserted that will eventually work its way out so its nice to have the backup. They wash well with warm water and regular laundry detergent (I use natural because I dont want unnecessary chemicals around my vagina). Yes definitely as they kind of held in by suction. Squats etc may mean its a bit more firmly held in fact. If you empty and reinstall just before exercising you will know its empty and youre secure. Unlike tampons which HURT when you take them out too early, you can put a cup in and out whenever you like. No risk of toxic shock syndrome or discomfort. I bought some reusable cloth pads off etsy and really like them. Ive also got a cup for heavier days but honestly I prefer the pads.

Do period undies feel gross the way that pads feel gross? I had an IUD for to help with cramps, which it did, except with unending spotting, for three years. Since I had it taken out Ive had monstrous tidal-wave heavy mishaps for at least three days a cycle, and my menstrual cup just isnt up to the challenge anymore. Ill be getting a new, more appropriate cup, but Im also considering investing in some period pants in case of continued breaches. The thing is, Im worried theyll feel like pads and I haaaaaate how pads feel. Can anyone weigh in with their experiences on this one? No, not at all. I forget that Im menstruating. The only thing that does feel a tiny bit gross is when you go to the toilet and pull them back up again after and they feel cold because they are no longer at body temperature. They dont feel moist, just cold for a couple of seconds. Thats really helpful, thanks! Not at all! I love mine. After I bought my first two pairs, I bought 5 more. Highly recommend! Awesome, I think Im sold. I agree with the other comments. I got them as back up for my cup but ended up buying a bunch of pairs and using them exclusively. Love them, its easy to forget youre on your period. Pro tip, I wear them into the shower and rinse/wring them in there before putting them in the hamper. Makes the cleaning easy peasy. Oh, good tip. wait i have a question abt the diva cup. so i want to try it but seems so risky.. its more environmentally friendly and its reusable so thats a plus but i just feel like itll spill. w all ur blood in it? is that possible I use a cup for my heaviest days, but with my chronic pain I just cant stand it (the insert/removal) for the whole week so I looked for other options. I very quickly re-discovered how much I hate pads, either disposable or cloth. Tampons are either not absorbent enough, or end up dry on my light days. (OUCH.) I finally caved and ordered a couple brands of period panties to try, using my HSA funds for the eligible ones. And they are \*fantastic\*. One thing I will note is some period panties are basically just a little bit more lining, and others are actually absorbent. I use the slightly lined ones as backup on my cup days, and switch to the absorbent ones once the initial few days of gushing are over and I can get away with not wearing a cup. As someone else said, they can feel squicky/cold when pulling them back up after going to the bathroom, but that goes away quickly and Ive never felt uncomfortable in them. I keep a mesh laundry bag out to toss the used ones in, wash that with the rest of my laundry and then pull the bag out so I can lay the panties flat to dry. They do take a bit of time to dry due to the fabric and the thicker absorbent crotch section. What brand do you use? Im considering knix because I like how their bras look too. Plus I get sweaty all the time in the crotchular region so something to absorb that would be fantastic. Super good! You just pull it down and out then dump it. In your own bathroom its no problem. You can wear 8-12 hours so you can change it before work and then be fine until youre home. Depending on variables. I change mine about an hour after I wake up and then before bed. You can absolutely make a giant bloody mess if you drop it or something but I just dump mine, rinse it off, put it back. What brand do you think you prefer? I like Thinx and Bambody. Since Bambody is about 1/3 the cost of Thinx, I have more pairs of those and thus wear them more often. There is a learning curve. And if it fills up it can leak but once you get in a groove, learn how to create suction and become more skilled at getting that suction fast, its a wonder! I empty it in a quick morning shower and empty it again at night in my usual shower, you cant feel it when its seated well. Love mine. Id recommend using a pair of period panties while learning and youll be 100% good. My cup is a standard one I got for free in a drive to make sure women got what they needed in an affordable manner (I paid $10 shipping) so its not branded or anything. I have and use it 3 years later. I did cut/shape off the stem like most people do. Another person whose crotch gets so sweaty they need to absorb all the sweat? Thank you! The cup can tint over time, but leave it in hydrogen peroxide over night and its gone. Dont come @ me please. What are period pants? According to the NY Times: Period underwear, which is meant to absorb menstrual fluid, excels as backup leak protection (especially while youre sleeping) or as an option for light-flow days.  Thank you for responding Have you talked to doc about a different IUD? I just got my first IUD put in last year. Best choice ever! I spot for 3 days and no other blood. I use just a pantiliner and thats more than enough. I really think you should consider different birth control options. I hate to see a period causing someone this much discomfort/annoyance, if theres a possibility to relieve it all with one doc appt. I know Im not responding to your original question and I sincerely hope you find the best solution that works best for you. 💗 Btw... I got the Mirena IUD and my gyno said she has it too. She said its the best one currently on the market. Good luck. Theres a small learning curve, I had to try a couple times before I was able to get it in the first time but havent had any issues since then. It holds quite a lot the only thing Ive noticed is it can kinda like flop open when you take it out and its not fun to take out in a public bathroom but thats just because I forget to empty and take mine out Thank you, thats very kind. I had previously suffered from extreme cramping, and had tried two different combined orals, a mini-pill, and progesterone cream. In each case, they either didnt sort the cramping or caused excruciating headaches. The IUD I had was a Mirena, and I actually had it taken out a few years early, because my periods kept getting stranger and stranger. I think my last period lasted a fortnight, and there had only been a week since the previous one, which was also two weeks long. When I did have it removed, fortunately the cramping was almost totally alleviated, but now Im having monster periods. Because this is really my only complaint, Im now looking at managing that side of it. No! Not at all. I love them so much. I never want to go back to shoving a dry wad of cotton up my sensitive lady parts. I am travelling tomorrow and cant figure if I am going to get my period before I get back so I am packing all my period undies. I will never go back to pass and tampons again. Except the super ones are good for heavy days Hey yall! I know this is an old thread but what do you guys do about the smell after a few wears?! Even after washing separately in the shower, then in the washing machine and leaving to air dry in the sun they still have a \*decent\* icky smell and just general off-ness. Any tips would be appreciated! Dont want to ruin them and keeping buying new pairs!

mirena and pms i got my mirena placed a month ago and have been bleeding since then. my doctor said i eventually might loose my period. i was wondering if thats just the bleeding or will my pms stop too? anyone with mirena i would love hear your experience with this.

It wasnt just a normal period and Im tired of feeling like a hypochondriac. I had a LLETZ procedure done a few weeks ago where they cut some abnormal cells out of my cervix. I went under general anesthesia for it and had my Mirena replaced at the same time as I was due for a new one. I was told to take it easy in terms of exercising and to expect some bleeding but I would likely heal quickly. I started bleeding a week after surgery and it didnt let up for 3 weeks. You can only use pads after a LLETZ and I was going through quite a few maxi pads a day. I felt like something wasnt right but everything I read and had been told seemed like bleeding was normal. One morning I woke up covered in blood. I got up and it was flowing out of me, dripping consistently on the floor. Clots were falling on the floor too. I decided to go back to the hospital. I had two doctors look inside me, cleaning my insides with gauze, had the gynae on call phoned in, had her look for 5 minutes and was told I was having a period. I told her it had been going on for long and she told me it was just the new Mirena. I was so ashamed. I had gone to the hospital for a period. I went home and a few hours later the bleeding got worse. It got so bad that I had to go my mom who bought me adult diapers and dressed me. We were changing the diapers (with two pads inside) every hour during the night. I was passing 2 or 3 golf ball sized clots every hour as well. I was bleeding on the floor, the bed, the shoes, my t-shirt. I can still smell the metal smell in my nose. I lost so much blood I couldnt do anything but sleep. But I was too embarrassed to go back to the hospital. On the second day I called the gynae and she prescribed me a course of medication to stop the bleeding which eventually it did. Im fine now, weve done ultrasounds and nothing seems wrong. But Im traumised. I feel betrayed by my body and by my doctors. I dream about blood most nights and Im petrified for my next period. Jfc I would feel betrayed by my doctors too. That is NOT a normal period and was likely not from your IUD if youve been using an IUD for years now. Even if we are to give the doctors the benefit of the doubt, you were losing so much blood that the medication your gyno proscribed should have been given to you well before losing so much blood you became lethargic from anemia. You should report every single one of the doctors who told you it was just a period. This is so relatable it makes me want to cry. I hope you feel better soon friend. Im so sorry. I dont know what to say. Its terrible this happened to you. I encourage you to make a big deal about this. Name names. Youve been traumatized when you should have been helped. &lt;hugs&gt; I have a clotting disorder plus other issues that make me bleed an abnormal (and concerning to my doctors) amount, and have never experienced anything close to what you described. This sounds horrible and Im sorry you were belittled by your healthcare providers. If you have a primary care doctor that you trust, maybe ask for more follow-up labs to make sure you arent anemic at this point? Also, even though it feels gross or TMI to share, take pictures if it happens again. Doctors unfairly often think patients are exaggerating things like this. This isnt TMI. Doctors blow this stuff off all the time. Im so sorry this is happening to you, I hope you find help. Also, I had the Skyla IUD, and my body did not like it. Gave me a pelvic infection. Lots of factors can go into all these things, and so many doctors dont catch them or dont care. Im so sorry. Positive thoughts coming your way. This happened to my sister. Not because of an operation or IUD or anything, just periods from hell. Shes never been om birth control, never been pregnant, shes only 19. Twice now shes bled out all over the bathroom floor. The first time she needed multiple blood transfusions. Shes still looking for answers. Her hormone levels are wonky but they dont point to anything specific. My OB office ignored my concerns about excessive bleeding because the depo can do that. I needed 2 blood transfusions with medications to stop the bleeding/clots. I hope you get your hemoglobin levels checked because it could be bad if youre too low. Ive gotten better at advocating for myself because obviously professionals dont know everything. I use cups and told them the mls I was losing, which they dismissed because apparently they didnt know a cup holds at least 2x what a pad does. Take iron, increase fluids, and I hope it never happens again! Im glad youre ok, op. Very scary. I thought the same about the IUD (I have only had very light periods for the last 5 years because of my old Mirena) but apparently the changeover caused something to change. When we couldnt find anything wrong she said she thinks the stress of the operation was just too much for my body which then tried to reject the IUD. But yes, I should have got that medicine sooner 😞 Thank you for this. I think I came here to just hear that it was actually a big deal and Im not crazy. Its been 3 weeks and Im struggling to let it go. Thank you for your kindness. I do trust my GP a lot so I think Ill go to her. Ive been taking iron (I dont meat or diary) but she might just recommend one or two other things - or just reinstate my faith in healthcare. Im so sorry that happened! Thats very scary. I really hope youre ok now 💗 Im sad its relatable. Im sending you some love 💗 Your poor sister. Im so sorry to hear that. That must be really scary. Im sending you both some love 💗 You seem like a really good person to have around when these awful things happen ☺️ thank you for the tips and Im sorry youve been through something similar, its awful. Thank you friend 💗 I should but Im still half terrified that I am making it up. Im still convinced it wasnt a big deal, that it was just a heavy period. I hate that we cant even trust ourselves with our bodily knowledge. Guess what? Youre not crazy, you are one of the multitude of women who are dismissed by medical professionals. It happens all the time, and especially to women of color. I agree with another commenter abut advocating for yourself. If you feel up to practicing, contact the gyno and let her know how you feel, and tell her what kind of care you wish you had actually received. Or dont. Its also okay to stay within your comfort zone. Either way, you deserve the chance to process and heal from this experience. GOLF BALL sized clots? Holy fuck, that is not normal. That is alarming, that IS an emergency. If youre wearing diapers stuffed with pads and soaking through them something is wrong. Losing that much blood all at once is dangerous. Have you undergone genetic testing for inherited clotting disorders? There are some, like Von Willebrand Disease, that might not be detectable on basic CBC (complete blood count) panels. What you described is a serious (and potentially life threatening) bleeding episode. Ive already commented elsewhere but let me be another one to say this was a huge fucking deal. That level of bleeding (soaking through multiple pads and a diaper every hour) is an emergency. If youre able, try to see a hematologist. This level of bleeding is highly concerning and theyre specialized to diagnose and treat blood disorders. Not saying you have one, but would be good to get that checked out with a specialist if youre able because let me again reiterate, what youve described is extremely alarming. Bleeding/clotting disorders are real. Sometimes mennorhagia (heavy periods) is the main or only symptom in women and they go undiagnosed. Thank you. I told my partner now it feels weird to be feeling physically better from the ordeal but not mentally better. But thank you for this, Im going to try just process it myself first and then see how I turn that into action. I have not gotten tested for that. I bruise very easily (something I told the doctor before the surgery) but Ive never had other bleeding concerns before in 30 years. I think I will go see my GP who I trust a lot and see what she thinks. Ive also exhausted all my savings on this ordeal so Im a bit financially stretched to see more specialists right now but if my GP can motivate for it I might be able to see them for less. Ive had LLETZ and I have a copper IUB and 100% this is not normal bleeding, you are so right. Im sorry that you had to go through this!! I bled for about 6x weeks post my procedure, but it was never worse than a really heavy period. Definitely not within the scope of what youre describing and completely not ok that you were sent home in that state. Agree that you need to see your primary care doc for possible suppliments and just a check-in. Hope you feel better soon xx Im not surprised. I spent more than 40 years with just normal periods. Periods that were the equivalent of half a unit of blood every 3 weeks. I got to the point where I bought Kimberly--Clark (maker of Kotex) stock so that the dividends would partly cover my menstrual supply expenses (pads and tampons, because without both, leakage was a given). What saved me from getting too anemic was that I have one of four alleles involved in hereditary hemochromatosis. It seems it increased my ability to take in iron from my diet just enough to keep me only a little anemic. My mom told me heavy periods like that were normal, but that things would get better if I had a child. I didnt want children, never had any. My doctors told me my periods were normal all those years, implying that I was just complaining about nothing. It was only one of my doctors 15 years ago who took me seriously. I was losing as much blood every cycle as three times the upper end of a normal period. Doctors, male and female, and a lot of non-medical women simply have no idea what its like to have to change out a maxi pad and super ultra tampon every 90 minutes because they are full. It was never painful, but it was a huge cramp (pun intended) in m

Preparing for first cycle in 10 years Looking forward to learning from everyone whats changed: Ive been on hormonal birth control since 2011 to support PCOS, PMDD and prevent pregnancy. I have not bled in ~5years and have not experienced a cycle without birth control in ~10years. My spouse got a vasectomy in August, and they have received confirmation of the procedures efficacy. In light of that news and my desire to live into my body and her natural cycles, Ive decided (in consultation with my MD) to remove my (hormonal) IUD. Knowing that I have the full support of my GYN, my spouse, and my desire to live into my natural cycles what are your recommendations for: - period products (menstrual cups and underwear specifically; I havent purchased or used period products since 2017) - resources to learn about tracking cycles with intent to learn patterns and track needs throughout my cycle (my spouse and I do not want to conceive) - supportive diet routines and supplements that have helped ease PCOS/PMDD without hormonal BC Cannot thank you enough for this input! I can only recommend a disc instead of a cup. Theyre a lot easier in my opinion. As to the PCOS, Id speak to a nutritionist or dietician, theyll know more than we can help with. I hope it works for you! Thank you! Im so glad that discs seem to be so accessible, Ill have to try some options! Im definitely working with my GYN and Primary Care providers to find a dietician that can set up the path forward. Im very excited to experience my body without artificial hormones! &gt;Looking forward to learning from everyone whats changed Reads a bit like youre rediscovering a video game after not playing for a while and wonder what kind of gameplay patch has been released in the meantime lol

35F Light Period and Conception I have pretty easy/light periods. Theyre regular as far as frequency and length, but I worry that they arent long enough. Id say I bleed red for 2-3 days/1-2 nights, diva cup 1/3 or less full 2x/day, and then 2-3 days of brownish after that. At the brownish point its such light discharge that I dont need a cup/tampon/pad. Ive spoken to my OBGYN and she just kinda brushes it off saying so long as Im regular and I bleed its okay. Im concerned about having enough nutrients for conception/implantation/growth. Anyone else with light periods able to conceive and carry okay? I know everyone is different, but just hearing stories is inspiring!

Possible fibroid pain. Please help!! 😭😭 Hello Reddit friends, I am coming to the internet hivemind to possibly help me with an issue. Last year I switched from hormonal birth control to an IUD. I didnt have bad cramps while on the pill, but they seemingly didnt start until months later. I also have a short line of women in my family who had to have hysterectomies because of uterine fibroids, meaning my mom, older sister and grandmother. The pain seems to jump fron one side to the next but it mostly resonates in the ovaries. The pain can be from small prick to stabbing pains, causing issues while at work and home life. I dont know if this is normal and I dont want to make unnessecary doctor appointments. Could be from the iud, but possible fibroid pains. I was in a heavy hormonal pill that helped a lot. I would definitely check with your doctor. Would probably be worth getting checked out thats a lot of close family.

If you have an IUD what are your periods like now? I have the Mirena IUD, and now have nonexistent periods! IT IS SO NICE. Mirena coil inserted in December 2017. Had a short, light period in January 2018. Havent had one since. [deleted] Mirena too with me for 15 years. No periods except the time between getting the old one out and getting the new one Endo is why I got my IUD in the first place. I love it Me as well. Ive had one for 14 years, and its been great. I got mine replaced a little under a year ago. My periods and cramps are very minimal. Its basically like... Slightly bloody discharge for about 2 days rather than an actual period. It looks nasty. But its nice as hell. I dont really keep track of when it happens but its less than once a month. Edit: its a mirena Copper IUD since I dont want to increase my risk of breast cancer. The first few months I had spotting almost constantly, which was really annoying. But after that Ive have totally normal periods. Super happy with my hormone-free IUD! Had mirena for 7 years with no periods Have copper currently, my cycle seems more sensitive to stress levels with a bit of inconsistency, but if Im more particular with diet its not bad. [deleted]

Feel weird about losing my period on the IUD Ive had a period for like 15 years now. I had a Mirena for 5 years and still got my period. I got it replaced last summer (about a year ago), and 2-3 months ago my periods got irregular and now I havent had a period for 2 months. My Gyn says this is normal (though Im a medical student and I dont entirely understand how I could have lost my period even after being on the same hormone for 6 years with no changes). I know a large % of women do lose their period on the IUD but after so much time? Has this happened to any one else? Did your period return after it was removed? It feels weird to be missing something Ive had for so long .. Currently on my third Mirena. Lost my period similarly to you on my second. When that was removed to have my third child, it came back right on schedule, and I got pregnant within 2 months. Third one they stopped immediately. Ive since had a bilateral salpinectomy, and have zero periods. Its bliss, but I understand the weirdness of being fertile and having zero period to confirm lack of pregnancy. Im on my third Mirena and my period stopped after I got my first one. Its the best thing in the world not having to deal with periods. I cant imagine going back to that