IUD and the pill [deleted] How about getting a menstrual disc. You can have all the sex without the blood. Plus no hormones. Some iuds stop periods completely so I would let it settle and see how you get on, you can use nothisterone to stop your period and it would be okay but Ive had a range of experiences with iuds and would recommend letting it settle first. Do those not get pushed out of place during sex? Is your question if you can take birth control pills while having an IUD in? Im not a doctor but I have a feeling that would be a hard no. Did you get the Mirena? Your period should eventually go away or be super minimal but some people will have a period for the first couple of months. Mine was constant, not heavy but there, for about 3 months after I had my IUD put in. Now I have no period aside from spotting every couple of months. As someone else said, wait for your IUD to settle, it should go away in the next few months. (Try using a menstrual cup for intercourse 😉) Absolutely do NOT try to have sex with a menstrual cup or disk in. Unless a product is specifically designed to be left in during intercourse, you and your boyfriend are at risk of discomfort, pain, or injury. Call your pharmacist or doctor about taking pills while using an IUD.

Does anyone here trigger periods or spotting when they exercise? Ive been having troubles for years where after a brisk walk for 30 minutes, I get spotting. Recently, I did a brisk walk and I had a full on period for 12 hours, and it was awful. Ive been doing some searching, and Im only finding stuff on how exercising can pause or stop a period/spotting, not cause it. Has this happened to anyone else? I have a OB appointment in 3 months, but I figured it doesnt hurt to see if others have also experienced this as well. I have a hormonal IUD and tilted uterus, and it appears that eating before doesnt make a difference, it seems to be tied to exercise. Sometimes yes, but typically only when Im already a few days into my period and its lightened up or seems over. A workout or other physical activity can bring on a second wave, so to speak. Usually not for more than a day or two. Yes. Exercise can agitate uterine fibroids and cause spotting/discomfort. Worse case scenario, uterine or cervical cancer. Thats something only a doctor could check for you though. Its better to check than to put it off. My grandmother died of treatable uterine cancer because she just thought it was a little spotting and ignored it until far too late.

Copper IUD discharge never the same again. Before my copper iud insertion, my discharge told me where exactly I was in my cycle. I used to get the clearly stretchy mucus during ovulation. When i had the iud (for a year or less. I took it out because i could no longer bear the weird changes) my discharge was watery. Never white. Just pure water and weird smells. My period blood was also very water After removal, i stopped getting the watery discharge, but it instead just became very dry. Its mostly just white discharge. But Ive never ever gotten the ovulation discharge again. Despite ovulating and having regular periods. My periods after removal started to clump more, but not like before. Has anyone else every experienced this? Never having the clear stretchy mucus again because of the copper IUD?

bleeding over a year after iud insertion - should i check in with a doctor? i had my mirena iud inserted over a year ago. i spotted and bled regularly for a few months afterward, but never period-levels of blood. i havent had a period in over a year, and since the spotting stopped i havent noticed any since. yesterday i noticed dark brown discharge, which i was always under the impression was left over blood being flushed by the body, but i havent had a period in a year! and then today i had some (very little) bright red blood, which looked fresh. should i check with a doctor that my iud hasnt been displaced? or is occasional spotting still nothing to be concerned of? i do have regular unprotected sex, and dont want to take any chances, but i have a very busy schedule and dont want to go through such an exposing doctors visit for on reason. any advice appreciated, it is making me a little anxious!! Breakthrough bleeding is normal on all forms of continuous birth control. GO TO THE DOCTOR. So Ive had the same IUD. Its small but be very fucking careful. Make sure you can at least feel the strings. This happen to my and when I went to get it check out/taking out, it shifted and Pierced through my crevice… be careful. Irregular bleeding is a common side effect of all hormonal contraceptives. Check your strings, as you should be regularly, and if all feels well I would say youll be okay without a doctors visit. If the bleeding continues, youre unable to feel the strings/you feel the actual device, or you have other symptoms as well, then make an appointment. Some bleeding is normal from time to time I bleed once every 3-4 months for a day or two. I use Mirena.

Spotting from IUD but reinstalled Tinder.. Thoughts? This just got me thinking.. Okay, not such a serious post really, but I want to go back to meeting people. Dating or hookups Im not sure yet.. But the point is, I got my hormonal IUD 2 months ago and there is still spotting. Can take months for it to disappear yes 😭 Idk if I can wait lmao How does one bring that into the conversation? Because, when it comes to sex its basically like period sex but only a tiiiiny bit. Majority would turn me down if they found out theres blood involved right because this is Tinder after all. Easy to find another person 😬 Im just getting self conscious about it now. Am I being silly? girl, Ive heard of dudes who eat out girls when theyre on their period. I think youll be fine. personally, I wouldnt say anything and see if they even notice. its not gonna hurt them or cause them any harm, theres no side effects or anything for them. Lol @ majority would turn me down. I doubt it. Ive had guys eat me out when spotting (their idea even) and my friend had a dude eat her out when she was \*heavy\* on her period and that dude was from tinder. On a heavy period??? Need to find someone who is fine with it like that! Lmao Most grown, mature acting men literally do not care if youre spotting or on your period. They understand you have zero control over it. If they pass you over because of that, they would be a lousy lay anyway. Very true actually youre right!!

Experiences with the menstrual disc? So Im using a menstrual cup since a few years now, and Im really happy with it. I get occasionally some leaking, but not too bad. Last year I got a copper IUD and while my blood flow got heavier, I never had an issue with the same cup as before. But I did hear that the chance to like suck the IUD out gets like 14% higher while using the cup. Its not to bad of a chance, but it is there... So I heard that discs are a more IUD friendly option. Also u can have mess-free\* sex with some of them? Wich sounds great for my bedsheets:D Are here some people who are experienced with discs and would like to talk a bit about it? Would really help me for my next period product shopping:D Do u know any good brands? Id prefer the reusable ones:) Thank u &lt;3 Ive tried the instead brand cups and the flex cups and I could literally never get them inserted properly. So if you figure it out let me know lol. I got one in once. And then when I went to remove it I accidentally flung blood all over the bathroom stall I was in. Full on murder scene. Im not trying to discourage you at all, I love the idea of them, just trying to honestly tell my experience. Happy cup hunting 😌 Oh Im sorry that that went like that for u... But u are talking about cups right? I use the mens cup, since a few years and really like it, the thing Im wondering about is the menstrual disc:) did u try those? i heard they are more intimidating but actually more easy to insert right Yea sorry if I wasnt clear, I use a diva cup regularly with no issues. The instead And the flex are both the discs that you were inquiring about. Youre supposed to be able to have sex with them in and all that Ah okay! Thank u for sharing:)

Period help? Hi! 27 years old and I am pretty regular (usually 28-32 days) and have been since I was young. I have never used birth control and will never use it. I am ina relationship but we use condom. I am crazy enough to check the condoms after intercourse to ensure nothing happens. I had my period from September 5-9th with some brown after blood on the 10th (again, all normal for me). Yesterday, September 17th, I wiped and saw some blood (was not pink) which I thought was extremely weird. I went on with my evening and barely soaked my panty liner. I went to sleep and woke up went to the bathroom and it looked like it would on my first day of my period. Ive been using a diva cup for almost 2 years now so I popped it in and I have not filled it at all. But everything down to pms, color, and smell (sorry if thats weird lol) is the same as my period. I also took a pregnancy test as many signs were saying it could be implantation bleeding…test was negative. Has anyone ever have this happen before? I also read it could be ovulation bleeding? Any insight would help!

Endometrial Ablation - but of a tmi question for those whove had the procedure done please Im looking into getting this done, heavy periods my whole life, anaemic, iron infusions every 6 months, early 40s & finished having kids etc etc. Ive discussed it with doctors and currently have the mirena but that hasnt lessened my periods yet, in fact Ive now on my 8th period in less than 6 months... Plus have crazy painful acne just before it comes which is not fun in your 40s!! So thinking of getting rid of the mirena and moving to our next option, which is the ablation. Which brings me to my major concern: I read one of the possible side effects is that the ablation can cause vaginal dryness during intimate times? Have you found this to be true? I asked my doctor and she said it can happen but I thought Id hit up Reddit to try and get a bit of a general consensus from women whove actually been through it, to see if its more common or rare as a side effect. I appreciate any input or personal experience! Feel free to DM me if you dont want to answer in a public space. Edit - just realised I wrote but instead of bit in the title oops My 39 year old Non redditor wife had it done 4 years ago, says it has not been an issue for her. I can confirm from my side things are all as there have always been. My kids are teenagers now and am not planning on having any more so I had it done a few years ago (49F). No issues with dryness. You can always use some lube as needed. I do still get a tiny little bit of spotting every few months. Nothing that even requires a panty liner or anything. Its been a game changer for me overall (for the better). 😁 Did not affect my natural lubrication. Kudos to you for hanging on to your uterus, its an important organ. I know how hard it is when all they do is keep telling you to get a hysterectomy. Id suggest you get your thyroid checked if you havent already. Hypothyroidism can be a cause of HUB. Had my ablation over 10 years ago. No vaginal dryness side effect whatsoever. My ablation changed my quality of life for the better. Worth it! Whats HUB..? Conincidentally, Im actually on a waitlist to get my thyroid removed in a few weeks lol - separate issue, enlarged nodes, no hypothyroidism on the reports AFAIK. Maybe I should wait until after its removed and see if that helps? Yeah if the ablation doesnt help the next option is hysterectomy - so far ablation is looking promising, no one whos commented has mentioned experiencimg the dryness, and the other posts Ive read have been 98% positive! HUB is heavy uterine bleeding. The other thing that helps is tranexamic acid which is approved for use in Europe and Canada and can be used off-label in the US. When you get your thyroid removed you will start taking thyroid hormone replacement. Do you know your current TSH and T4 levels? The fact that you have thyroid issues is pretty likely related to the HUB. I found the ablation procedure pretty easy to tolerate and no real side effects, so for me it was worth it. I dont know them off the top of my head, but its safe to say the issues arent related - the thyroid issue only came up last year, the HUB has been since I first got my period 25 years ago. I tried to donate blood when I was 18 and I was so anaemic I was disqualified from it - the nurse thought her prick tester was faulty and did a 2nd one haha. Yeah I was on tranexamic acid for about 8 years, still anaemic so switched to the pill, which resulted in blood clots in the lungs, ergo Im not allowed to go back to tranexamic acid now as Im a clotting risk. So Im on option 3, the IUD but so far its not been the most positive experience, so next option (4) of the ablation is looking like it might be the winner.... I never thought Id wish for early menopause but Im kinda starting to! I had an ablation almost a year ago to treat heavy bleeding and other horrible cycle side effects, and I wouldnt change my decision for a minute. Its been so much relief to not bleed through everything unexpectedly and be doubled over in pain routinely! I also had a tubal ligation done at the same time, since its risky to become pregnant-- well in general, but especially after the procedure. My best advice for afterward is to take the bed rest seriously for a few days, and to walk a little the first day just to get the gas from laparoscopic surgery out of your system-- that was the most painful part of all of it to me! I had mine done in November (best decision I ever made, wish Id done it years ago) and have not had any problems like that. I cant recommend the procedure enough! I had it done; they found growths which necessitated a hyterectomy. During that procedure they found that endometriosis was on some of my organs. I felt sooo much better afterward. Never had a problem with dryness. That sounds awful! Im glad you got it done, sounds like you could have had more problems down the road if they hadnt found what they found. So far all positive reviews so looking like it might be the way to go Ablation for exactly the same issue. No problems. I had one in January after finding out I had uterine and cervical polyps that were causing crazy heavy periods. So far so good! I went under anesthesia and it was a hydrothermal. Recovery was a day or two of light cramping, a week of spotting, but since then nothing. I havent had any issues with dryness or any bleeding. Im glad I did it. I had it done around 8 years ago in early 30s, no issues in that regard whatsoever. Had the Procedure 15 years ago. Best medical decision I ever made. No hint of dryness or break through bleeding. Is incomplete hysterectomy off the table? Ive never met a woman who regretted it. If the ablation isnt successful/doesnt help, then hysterectomy will be the next and final option. I just dont want to do major surgery unless necessary, I still have young children & ablation comes with less surgical risks. [deleted] My lubrication has diminished, but Im 40, so I think Im going into perimenopause, premenopuase? Whichever one is right before it starts. Even so, Ive always been a fan of a bit of coconut oil as lube for a variety of reasons (unrefined, cold-pressed, organic), and its never been an issue for me. A dab will do you. Whats better than having to dip into lube for even spur of the moment sex is not having periods. Not having heavy bleeding. Having a nice backup to having a tubal in terms of nothing being able to implant if a sneaky egg somehow did get in. Benefits outweigh the cons for me! I was hoping someone here could help me out I have adeno and about 2.5 weeks ago I got an ablation. The procedure itself went pretty smoothly, had my period last week, which was very light but the cramps hurt soooo badly. Im aware cramping during your period after having the ablation can be much more painful, especially when youve had a tubal ligation (which I had a year prior). So this is one week after my period and 2.5 after surgery. Im having the bloody/watery discharge which I know can last for weeks or even months. But Im having non stop cramping... its definitely not as bad as last week with my period but definitely a lingering cramping. I was hoping someone else has Insight on this. Been looking all over the internet and finding an answer for this has been difficult. If anyone else has experienced this I would love to know and make sure I dont enter panic mode for something thats common .

Period and other changes after bi slap/sterilization Hi! I, 30F, got sterilized last summer and also had my paragard IUD removed after Roe was overturned. I got a bisalp which doesnt effect my ovaries. I have one daughter and never wanted another kid. My period used to be 3-4 days and the last 2 months its only lasted 1-2 days. I no longer have crazy cramps during my period or during ovulation. Ive also noticed that Ive been wanting to hold a baby more lol I dont regret the surgery at all. I feel like the surgery saved my life as I dont have pregnancy anxiety and can focus only on my daughter and myself. My life/career wont have to re-balance for another kid. I dont envy pregnant women or families with multi kids. I also dont want the responsibility of a baby, theyre just so cute lol I just really miss my daughter being a baby, shes 6 now, and is more independent but still cuddles with me. Have anyone of you experienced this? Is this just hormones or me mourning as Im moving to the next stage of life? Weirdly enough, my period pain got worse after my bisalp. Still dont regret it though, surgery day was the best day of my life! Me! I had a bisalp 2 years ago. At the time, I also had a hormonal IUD, which essentially stopped my periods, but then I had the IUD removed this past fall due to other reasons. For the first time in over a decade, I was birth control-free, and dreading going back to my pre-bc cramps (which were so bad they made me vomit if not aggressively medicated). I was shocked, and more than a little thrilled, when I proceeded to have 5 regular-seeming cycles with 0 cramping. None whatsoever. If not for the bleeding, I would have no idea I was on my period. Im not sure if this is because my uterus is geriatric now at 38, and part of me is waiting for the other shoe to drop...but Ill take it.

Mirena IUD - The Perpetual Period. So, I got my IUD inserted October 18th. Yes, this was the worst experience of my entire life. Almost passed out. Lots of blood on the instruments, lots of spotting that day, the next day, and the day after that. It was cute light spotting, sometimes needed a panty liner, but it was mostly when I would wipe. The following week, it started getting heavier. I was still spotting every day. However, now I definitely needed a panty liner and went through several of them. The following week after that (third week), I started cramping like crazy. I was bleeding heavily, at first brown, and then it became lots of fresh fresh blood. I was filling pad and pad. I couldnt stand due to my cramps, it wasnt fun. I am still bleeding heavily, going on my fourth week. I am not going through pads like before, but I am like on week two of heavy period. I am passing clots left and right. My lower back really hurts and I feel so depleted. I am also anemic so at this point, a girl is concerned. I contacted my provider and I am waiting on them to follow up. In the meantime, help! Tell me when this will end. I feel like I have had my period for a month. Hey!!!! I had a reaction like this too and I couldnt find a soul on the internet at the time who had. The first 6 months I was on Mirena, too, it made my period SO much heavier and longer. I would have 12 days of profuse bleeding. I was almost gonna take it out but at 6 months it started tapering off. By year 3 I wasnt getting a period at all. It super sucked at first, but if you have the patience to stick it out, it should get way better. oh no, im sorry you went through that! six months is long, but damn no period for three years sounds great. well, thankfully, its the winter! Obviously, keep your doctor in the loop lol. So you dont lose too much blood or something. But Im crossing my fingers for ya that you get a good long break after the deluge. After my insertion, I bled non-stop for 5-6 months without reprieve. My provider prescribed bc pills to regulate everything, which worked for a month. Then it happened again. More non-stop bleeding. I had to regulate with pills again. Everything has mostly sorted itself out but it took a year, infinite frustration, and three rounds of birth control pills to get everything regulated. I hope yours get sorted out quickly!! Im sorry youre dealing with this!! I got a Kyleena IUD a few years ago and had side effects but certainly not as bad as yours! On the bright side after a few months I stopped getting my period and I dont get a period anymore. The first few months of my cramps were annoying, but 2 years in now I can say it was so so worth it for the freedom. Im sorry youre in so much pain and I really hope you feel better soon!

irregular bleeding a year into the Mirena IUD: is this even normal?

period panty or reusable disc recommendations? edit: Id never heard about the controversy around Thinx as I was gifted them last year and didnt purchase them myself, so thanks for that information. now I know! I have 2 pairs of Thinx and I \*\*love\*\* them. (\*welp, just kidding, Ill be getting rid of mine now that Ive been informed\*). are there any slightly more affordable brands yall would recommend? I saw some on Amazon, but their description doesnt say how absorbent they are and suggests still using tampons/pads. I tend to have a couple days of heavy flow so I need to know absorbency to plan which pair to wear on what day. also, I have an IUD so Im not comfortable using cups, but I do like menstrual discs so if you have a reusable one you love, Id love to hear about it too! I would prefer to buy directly and not through Amazon if possible, as well. thanks, all! Hey Im in relatively the same boat as you! I started wearing Thinx and then switched to Knix and find them more comfortable and affordable. Also, not sure if you care about the controversy surrounding Thinx and their high levels of PFAS found in their underwear, but that was a main reason for me to switch as well. Knix has period underwear that ranges from light to super absorbant in a bunch of styles and colours. If you bundle up you can end up saving more (25-30% off) which is a new offer they have. If youre interested, you can always PM me for a first-time discount code that works on top of the bundle discount! Period Aisle has some great ones that were tested to be PFA free. I love mine. Theyre about $30 a pair so they arent cheap but Im able to get through my period (about 4 days) with 2 pair. oh, I havent heard about that controversy! I was just gifted them by a friend last year. thank you for informing me! I will message you shortly. :) thank you much! awesome! thank you for the recommendation! Ill look into them! :) I am considering a nixit cup (more like a diaphragm so no suction like a cup and apparently you can have sex with them in, but I am not sure I want to test that theory!) I have used the flex before and they worked really well, but they are single use and I dont want to fill the planet with crap!) I have some boom &amp; Nora pads, but not a big fan if them. I also got some fairly cheep pants from tulip and they work really well together with a cup or a nixit/flex. I have tried so many different brands of period underpants, so Ill share that my go-to recommendations are [The Period Company](https://period.co) (very inexpensive, excellent quality, and a small woman-owned business) and [Period Aisle](https://periodaisle.com) (super high quality, same price as Thinx, been around forever under the brand name Luna). The Period Company is PFAS-free and half the price of Thinx, theyre just about the least expensive on the market. They are also the only company I have found that sells a boxer-brief that goes all the way up to the natural waist and halfway down the thigh, very convenient for sleeping. Their products are high quality and very comfortable, and can be dried in the dryer. Period Aisle is PFAS-free, dryer-safe, and extremely high quality, I would say they are the closest to Thinx in terms of comfort and absorbency. The only downside to Period Aisle is the cost, theyre a bit pricey. \*\*Other options:\*\* ModiBodi is high quality and PFAS-free, but most of their underwear is made from wool and so wont be suitable for everyone. Theyre highly absorbent and people who like them tend to be dedicated fans. Thinx has three main downsides: the cost, that they have to hang dry, and that they were found to contain PFAS chemicals and lied about it. Aside from that, theyre very comfortable and generally well-stitched. Knix was by far my least favorite of the brands I tried. They were expensive, not very absorbent, often uncomfortable, were caught using PFAS in their products and lied about it (and still claim to this day to be a PFAS-free alternative to Thinx, because period underwear is largely unregulated), and are made using heat-tape instead of stitching so they dont hold up as well longterm. They also cant go in the dryer, though thats probably the least of my complaints. Thanks, I didnt know that about Thinx! this is \*\*amazing\*\* information and Im so incredibly grateful! thank you so, so much for taking the time to write this up. Im looking into a couple of the brands as we speak. this is seriously so awesome!!! thank you!!!!!! If you are from an asian country, Id recommend SHE Period. Right now they have menstrual discs but I believe theyll start doing other products soon. The shipping to asian countries is pretty cheap! I like that their design is totally unique and different from the ones in the market.

Copper IUD? I have been on the pill for 3,5 years and its made my mental health absolutely horrible. Im thinking about getting the copper IUD, I am just done with any kind of hormonal birth control. I just want to hear about the pros and cons from long term copper IUD users (more than about half a year with it). My main concern is that the heavy bleeding wont stop. Ive had 2 now, almost 10 years with the copper IUD. I chose it for the same reason, hormonal meds werent a good fit for me. The worst part was the first time insertion. I wasnt prepared for the cramping and didnt eat enough that day, causing me to go into shock. I had to lay on a cot and eat some crackers before I could leave lol. I definitely recommend having a full meal and a tylanol before the appointment. My periods are heavier, but not by a scary amount. Its still relatively the same amount of days. I plan to stay with it indefinitely. It works great for me, and the pros outweigh the cons by a lot I have not had it, but yes, you can expect heavier bleeding and cramping with your period I want the copper IUD to be a great experience for people, because its such a great device, but I had a truly terrible time. My periods were apocalyptically heavy (like elevator scene in The Shining) and the cramping was so severe that some days I couldnt walk. But I stuck with it for a year and a half. The upside was that I gave me piece of mind and thats a massive pro.

My pain was validated. I am still overwhelmed at the support I have received. Im 21 years old and have never had a normal period. From my first period at 13 to now, all of my periods have been extremely heavy, extremely painful, and life hindering. I would wear an ultra sized tampon and a night time pad together and still leak through them. My cramps would cause me to black out, throw up, get dizzy, or just bring me to the floor. To make it better, I would have severe spasms in my rectum that brought me to the floor for a couple seconds or half a minute. There were no warnings before they happened. I would be at school or in public and just collapse from the spasms. My mom used to tell me to get over it and how she had to deal with 2 week long periods and if she could do it, I could, too. I had blood clots bigger than a QUARTER and shed tell me that was normal. My dad believed me and took me to the doctor at 15 years old. I was put on birth control to manage the symptoms. 6-7 types of pills later and I find the one that works. Its also the one that nobody makes! Finding a pharmacy that sold it was hard and I had to travel up to 40 minutes away just to get some. The pill barely helped but I made the most of it. Last year, I had an IUD put in. It has been incredibly helpful and I have had absolutely no symptoms until last week. I woke up for work and was brought to the floor by the severe cramps and nausea. I nearly threw up on my rabbit because I was in so much pain. I thought my IUD had moved out of place. I went to THREE doctors to find the cause and they all said its likely my endometriosis since my IUD was fine. Pelvic exams, blood work, urinalysis, an ultrasound and a transvaginal ultrasound found everything to be normal. I missed work for 3 days and I felt terrible. I just started my job two months ago and Im on my probation period. I went back to work today and had to leave after 3 fucking hours because I was in severe pain and nearly passed out. While I was there, my female coworkers asked how I was doing and why I was out. I told them, and my coworker immediately said, I know exactly what youre talking about. I have that and told me how she had to have an ovary removed due to having a cyst so big she looked fucking pregnant. She told me to take care of myself and that this shit isnt a joke. My other coworker told our boss I wasnt feeling well and I had to have EMS check me out due to my symptoms. EMS guy was super nice. I told him about my condition and he told me I need to see a specialist. I was concerned about missing more work and told him I felt bad about leaving and he said, So? You have a chronic condition. You need to seek help for it. If your bosses have an issue with it, they can read the report well type up after this that shows you have a condition that needs medical attention. They can also come talk to me about it. I told him I was worried about being fired since Im new and he said if they penalize me, hell talk to them and HR about it because its something I cant help. He made me feel really good about it. It felt nice to know Im not imagining it or being dramatic. Please, for the love of rabbits, do not hold off on seeing a specialist if you think you have endo. This shit is affecting my daily life again. I had to miss days every month in high school to go to the ER because of the pain. It is NOT normal to: •bleed so heavily •to bleed for two fucking weeks in a row!!! •to have blood clots bigger than a quarter •bleed INBETWEEN periods, like a second period!!! •have pain so bad youre blacking out or straight up passing out Your pain is REAL. It is VALID. Dont dismiss your feelings the way I did. I grew up being told my symptoms were fake and now Im too scared to fucking tell my boss I feel like Im going to pass out because it feels like my insides are being shredded apart cause Im scared of being told Im lying, even if Im pale in the face and sweating buckets. I nearly cried at work today when my coworkers were telling me about their experiences with endometriosis and how it has affected their lives. Its another thing to overcome, but god damn. I am tired. Bless you! They couldnt ever find a reason for my hellish periods. Everything points to endo but when they went looking couldnt find any sign of it. Im so glad my IUD makes such a massive difference, but even with that when I do get a period the pain is just as bad as it ever was, only now its so infrequent Im not used to it so it knocks me about even harder. Ah yes, I feel you. My IUD helped for a while, against the pain. Till it got so bad the IUD didnt help anymore. That basically happend with every possible medication I used against the eventually daily pain. It helped for a while and then it couldnt hold up anymore. Missing school, missing work, missing social life. My current meds are holding up pretty well, but it comes with quite a cost. Still, better then the pain. Having someone understand, validate your pain, accept your limitations that are there due to the pain is a necessity. I figured out pretty soon that I was gonna need people to understand and empathize with me, so Id have no problems with them on the days it got so bad I couldnt function. So Ive been very open about whats going on with me, what endo is, explaining it to colleagues, teachers, my bosses... I dont need pity, dont even want it... But I need their understanding. I hope for you that it goes back to being better, being controllable. Keep an eye on your health and do go to a specialist if possible. Wishing you all the best! For some reason we are meant to believe that periods should be incredibly painful and just get over the amount of blood that is coming out. So glad to hear about your diagnosis, you can start living and treating it. This makes me worried because my symptoms are almost exactly the same as yours uh oh Please do not ignore endometriosis symptoms my friends! I know a woman who had endo, and of course it took years to get properly diagnosed. When she finally found a specialist who was unwilling to quit until he knew exactly why her period pain was crippling her; she had so much scar tissue, adhesions and misplaced endometrium throughout her abdomen the doctor feared she was going to lose a lot of her large intestine and end up with a colostomy bag. She was very lucky to have a skilled surgeon who was able to save her bowel function. Not everyone will be so lucky. My best friend who is 32 years old only found out she had endometriosis 2 years ago. No one took the time to try to understand her. She jumped from doctors to specialists and she finally found someone who diagnosed her. She ended up having surgery which significantly helped her but unfortunately, the pain is coming back. She is weighing on whether to get surgery again. Im glad you found out sooner than later. Yes yes please see a specialist! You have been suffering for so long. r/Endo has a map on the sidebar of surgeons. I would highly recommend surgery, its the only way to diagnose endometriosis and the only treatment that can be curative. Good luck! :)

Endometrial polyp, had a period for 4 months, and considering getting an IUD

PSA - Menstrual cups and IUD should NOT be used together And no doctor will warn you about it! It is believed that menstrual cups are safe to use when you have an IUD. But the truth is that this is only an assumption. Since basically no research have been made on this matter, there is no official contraindications. However - from my own experience and the experience of several other women - menstrual cups seem to deeply affect the IUD effectiveness (especially copper ones). It baffles me how doctors just \*assume\* it should be fine. So until we have actual studies on this, the best we can do is spread awareness. I know this is not the best source, but this article is probably the best one I found on this topic: https://saalt.com/blogs/news/can-you-use-a-menstrual-cup-with-an-iud Super important, thanks for posting! I dont think you can call this a PSA with no reliable sources. I personally dont use a menstrual cup or have an iUD but I know a couple women that use both with no issues. How do those issues with you (and those other women) present? How many people are those? Its good to spread awareness, but making peeps panicky over your own experience isnt that good. The issue here is getting pregnant. Heres my experience - I got a copper IUD when I was 20. I asked if using a menstrual cup was fine. They said yes. I went back a few months later, because I was afraid the IUD moved. I was told it was fine, and I could keep using my cup. Two years later, the IUD is still in place, but im pregnant. Now, I personally know 2 other women who got their copper IUD in different places, but they had the SAME experience. Being aware of this, Ive heard many more stories of women getting pregnant with copper IUD. What did they have in common? using cups. Now I am not saying it becomes 100% ineffective. But clearly, if the chances of getting pregnant goes from 1% to even just 5% - its kind of a big deal. I couldnt post the link in the post itself, but look at my comment. There is indeed one study that proved cups can slightly misplace IUD. Also my point is that there are no reliable source saying it is safe to use it. There is an assumption it should be, but it is not based on science either. Birth control is kind of a big deal. If women make the choice to get an IUD and use cups - they should know there are NO evidence that it is safe. Correlation doesnt equal causation. It is very possible that the usage of the cup itself wasnt the problem, but pulling the strings and dislodging the IUD when inserting or removing the cup. An IUD also isnt 100% effective birth control, so that further confounds your thoughts on the matter. So while the anecdotal evidence is interesting and may be something people should consider, it isnt as conclusive as you are implying. My wife has had a copper IUD for almost 5 years now and uses a menstrual cup. No pregnancy scares or possible miscarriages in that timeframe. This is why anecdotal and personal experiences arent reliable though; your observation could be correct, or it could be incorrect...but this is why proper studies need to be done, which I think could be warranted if enough woman are mirroring your experience. Well your anecdodal evidence with your wife doesnt mean shit either. My point is : there is no study about it, and women should be made aware of that instead of being told yup its safe when in reality no one really have this knowledge. Yeah, I am aware mine doesnt mean shit either...I literally said just that. Also, it is safe depending on the context. Safe doesnt always mean they wont possibly interfere with one another, safe can mean it wont cause sepsis or other health issues. Not everyone considers an accidental pregnancy as being something unsafe, meaning that it depends entirely on the individual you are asking anyway and their own interpretation of safe. Also, I just found a 2011 study that showed you arent at a higher risk of dislodging the IUD, and a 2020 study showing that you were...so it is actually something actively being studied, and it wasnt until recently that there was anything suggesting that there might be an increased risk. Edit: I guess I didnt make it as overt that I was saying my anecdotes arent more valuable than yours. So I do apologize for not making that as evident as I could have. Ok well safe might not be the right term. But Im preeeeeetttyyy sure the only reason why someone would get a cooper IUD, would be to avoid pregnancy. But you CAN use a menstrual disc since it doesnt use suction! I used a disc when I had my IUD and it works very similar to a cup for anyone who likes the cups :) Thats a great alternative! I still believe there should be more studies about it, as cups&amp;dics are getting more and more popular . Yeah you arent wrong...but without being explicit, it is sort of an open question. Regardless, as I had said it looks like up until 2020 there was evidence suggesting that there \_wasnt\_ an increased chance of it failing. So with that being a fairly recent study it isnt all that surprising that it would have been considered safe in any context around the time you had originally asked. Still, condolences on your birth control failing...that has to suck pretty bad so I can understand being angry about it. I got my IUD almost a decade ago. At that time, menstrual cup were not popular at all. I am not angry we didnt know back then. I am angry because doctors and woman are still in the dark in 2022/2023. As you said, there has been a study in 2020. That gave us nearly 3 years to make more study or at least start sharing the information that it might not be as safe as we thought it was. Yeah that is fair, and I apologize if I came off combative originally as that wasnt my intent. I was told by my doc to be careful. And I think the reason my first IUD came out was using my cup in the first two months. The second time around I skipped the cup for the first four months and then successfully used it till the mirena made my period go away. It helps if the strings are short. It actually tracks that a cup could mess with an IUD. It uses suction which could mess with placement; you could tug the strings while removing it, etc. Weve had this conversation in this subreddit before and Ive been absolutely massacred by bringing this up 😂😂 That being said, if you can break the suction its not considered a big deal apparently. I dont use cups so it doesnt matter, but I was linked several articles that said it was safe. If removing the cup pulls the strings and dislodges the IUD, then using the cup is the problem lmao. You can get the strings shortened to not interfere from what I have seen. Suction could still dislodge it, in theory. Thank you op, I have heard of cups causing issues with iud from some individuals, in the area of proleapse. Womens health is so under funded and ignored all we have is each other (and for fs sake, why are there men on this sub?? Who dont go through bleeding, iuds, and the hellscape that is womens healthcare?) In theory, but only if youre not removing the cup correctly - youre supposed to fold the cup in sightly before removing it, to avoid creating any suction. That said, typical use is always more important than perfect use where birth control is concerned, and its always better to give people more information about what the difference is between the two and what the risks are if you dont hit perfect use. I dont go through bleeding and IUDs any more either, does that mean I shouldnt be on this sub? Are you explaining to women about their experience who are suffering due to lack of medical info? Is that what your doing? No, Im not. If someone is doing that they should be told to get lost regardless of their gender. And if someone isnt doing that, I dont see why they shouldnt be here, also regardless of gender. Okay, I understand you believe and have had issues, but please be careful about a broad statement like that. Yes, there may be no research about it, but issues with you and your friends isnt concrete either! When I got my IUD placed, almost all the nurses and doctors at the office had IUDs and used cups. Yes there is a risk, but they stressed YOU HAVE TO BREAK THE VACUUM SEAL BEFORE REMOVAL. That is the key point. Without doing that, you risk moving the IUD due to pulling the strings. While mine is also anecdotal, I think there needs to be an emphasis on the fact that a menstrual cup CAN cause issues with an IUD. So can anything. There can be a risk to anything! Please change the title of your post to PSA - BE CAREFUL WHEN USING MENSTRUAL CUPS AND AN IUD. It more accurately depicts the situation. IUDs are medical devices and we do not need inaccurate information being spread. Yes, breaking the suction is the key point! Without doing that, even I can agree that that will cause issues in the future. I have had an IUD before and plan to eventually get another. Do you mind explaining what it means to break the section before removal? I always pull the cup straight down to remove it, it seems like I should be avoiding that? I would love to! Essentially you break the suction in the same way you inserted it. So when you insert it, you usually fold it in some way and then push it in and let it expand. You break the seal in a similar way! With your fingers, slide along your vaginal walls until you reach the cup. Once inside, go along the cup walls as high as you can. You will use one finger to hold the cup and the other on the other side will push the wall in so it folds (similar to what you did to get it in). You will literally feel the seal break if youre doing it right! From there you can just gently pull it out. To not catch the strings nor have the blood pour out, I lighten the amount I pushed in after I break the seal! If its too high to reach, use the stem of the cup to lightly pull it down just enough so that you can break the suction! A video like this explains it well: https://youtu.be/

IUD users, is this normal? [deleted]

Anyone have ablation and IUD? Hi! Had an endometrial ablation, cervical cautery, and a mirena IUD inserted on Feb 18. Im still bleeding. Not heavily, just still bleeding and in the morning Im passing small clots. Wondered if anyone had a similar experience 3 weeks in? Thanks! Hi! Im about to get the IUD installed after a failed ablation. Ive had three IUDs and I remember bleeding for a bit afterwards, but three weeks feels excessive. Might be worth a return trip. Yes, Ive called my doctor about it. She said it could be normal for another week and if Im still bleeding I have to start taking antibiotics! Though I have no other signs of infection… Updated to say that I had bleeding for 4 weeks then it topped and my life is the best. BLESS THIS PROCEDURE

IUDs and pregnancy Im (27F) going to get an IUD next week and I was heavily leaning towards the Mirena as I wouldnt have to worry about it for quite a few years. I understand that theres a high chance that my periods might stop after some time with Mirena (this is also what my doctor told me). But Im confused. How can I be sure Im not pregnant if I dont get my periods? Since no birth control method (except sterilization) is 100% effective, Im worried that if I could get unlucky and end up in a situation I have absolutely no interest in being (i.e. pregnant). I do not wish to have a child (now, or in the future). I am definitely planning to get sterilized in a couple of years. Im currently an international student in the US and given the current situation, Im worried that an accidental pregnancy might go undetected long enough for termination to not be an option anymore. I relayed my concerns to my doc and they suggested I go with Skyla since its unlikely to stop my periods completely, which I am now considering. The no-period thing with Mirena is also incredibly lucrative because my periods are very long (9-10 days, with 6-7 days of medium to heavy bleeding) and Id love to put an end to this. Id love some insight from yall. Do women with IUDs take pregnancy tests regularly? P.S. I have no health issues and my periods have always been this way (long and tiring). Ive gotten checked and everythings fine. Just my misfortune lol. Well, this is my experience. Ive had Mirena since my 2nd was born almsot 15 yrs ago. Im on my third now. I have once in a blue moon felt menstrual cramps but Ive never bled. Ive only done a prego test once or twice. Im keeping this baby in til menopause now (/cheers) Its been great for me If your periods are so long, its less likely that they will dissappear completely. I had light cycles and then none with Mirena. The IUD basically makes it so no lining grows on the uterus so even if an egg gets fertilized, it has no where to implant and be a viable pregnancy. No lining means no periods either. I have the mirena and love it. Occasionally there is spotting, and I usually get regular period symptoms monthly (mild) without the bleeding. I started with the copper IUD and boy was that a huge mistake. Insanely heavy and long periods every month, very painful. I used to joke that it worked since I could never even have sex so how could I get pregnant? I think if you are pretty in tune with your body you would still be able to tell when you are ovulating etc, so taking a pregnancy test wouldnt be necessary. If youre still super worried talk to you doctor about alternatives. Yeah the copper one is a no go as my periods are bad enough without it. Im just trying to pick between Skyla and Mirena. I do not want to do any other form of BC because Im forgetful and theyre not as (relatively) side effect free as the IUDs. Im very happy on mirena. Ive had a very active sex life and have never gotten pregnant on it. Yes of course theres a chance you will but its minuscule. Really. I think its great I dont get periods. I really dont worry about being pregnant as its like 99% effective? Your best best would be to take a pregnancy test every month or every other month. Bleeding doesnt always mean youre not pregnant. I got pregnant on the ParaGard and I continued to have regular menstrual bleeding for several cycles. (Not uncommon with ectopic pregnancies like mine). So bottom line, if youre worried, just take regular tests. You can buy a huge pack of test strips on Amazon for super cheap. I loved not having a period on the Mirena. It was the best thing about it!

Does anyone else still take hormonal bc even if youve been sterilized? Im getting a biscalp tomorrow and Im wondering if anyone else is doing this? I currently have an IUD and havent had a period in 6 years and it has been WONDERFUL. When I did have them, it was debilitating and I would love to continue to not have them. I dont want another IUD though because the insertion process was kind of traumatic. Ive been thinking about the implant or even just the pill again. Anyone have any suggestions or advice or just want to share their experiences? I did for several years. Finally went off of it but then it appears it was treating unknown endometriosis so I had to go back on it. Fucking stupid. I hate birth control. I love not having a period but I hate the birth control. Also hate the period and ~4 days before and afterwards. Fuckin awful man. Ugh Im so sorry…this is also my fear. Ive never been diagnosed with endo but I match the symptoms pretty well. I thought about not going back on it after surgery just to see if I can deal without but then again, I also remember how bad I bled and how painful it was so I really dont know. I might try it once and and after the first period, immediately get back on birth control 😂 dont know how bad that it will mess with my hormones though Any chance you can have the doc insert a new IUD while youre in there for the bisalph? Youll be out, so that takes care of being conscious for the insertion. I was sterilized at 27. In my late 30s my PMS symptoms were so bad I took BC and even skipped the off week. So was taking them every day for about 4 years. One of the best decisions I ever made. Good luck. I honestly have no clue. I wish I never went off it. None of this started happening until I went off the birth control. It took a few months to flush out of my system but once it did, all hell broke loose. Now the bleeding is gone but everything else is getting worse even though I went back on the birth control. The shittiest part is that a hysterectomy doesnt even fix it all the time. And at my age Id be really fucking with my body. I dont know what to do. But I do know I wish I had never stopped taking the birth control, so thats what I can share with you!

find yourself a good partner My husband and I have been together 12 years. A few months ago I had my IUD removed because we want a baby. My period started 2 days ago and hasnt been too bad until today. I bled through my menstrual cup in 4 hours and made a mess everywhere. Concerned about sleep and making a mess, I was going to use a puppy pad under me. He said absolutely not, and drove around to 4 different places, and had to go two cities away to find a store open that had super plus tampons, and overnight pads to hopefully keep me dry overnight. He told me to stay home, clean myself up and hed get me overnight supplies. Because I know people are going to ask, since COVID most places by us still close early and he was out at midnight getting me supplies. I have an appointment with my obgyn on Thursday. I have been able to get away with just a cup for the past 3 years because my IUD all but stopped my periods. What a sweetheart. He is such a good egg! Im so happy for you, OP. &amp;#x200B; &gt;I bled through my menstrual cup in 4 hours and made a mess everywhere. Concerned about sleep and making a mess, I was going to use a puppy pad under me. Have you considered using period panties? I use [modibodi](http://modibodi.com) and they have a variety of underwear based on absorbency (light to overnight) as well as maternity/postpartum bras and panties (which you may need during/after pregnancy). They are slightly expensive but totally worth it. Im sure other redditors can recommend other brands as well. OOP, youve found a good one. I just wanted to second ModiBody! Theyre great. They even make period swimwear! Seriously, my Modibodi period pants saved me recently from a similar situation to the OP during my first period post-COVID (I usually use them instead of liners along with a cup).

I have NEVER had a regular period. Step off monitoring my uterus. I am 28 and started menses at 11. I have never had a regular cycle. Never even predictable in its oddness. I have had menses last 2-3 weeks, and I have had 2 days in between. I have gone months between for no explicable reason. If tracking periods was used to evaluate whether or not you are likely to be carrying, Id be Fudged. While I was on implanon, I had 6 months of continuous bleeding followed by no period except breakthrough bleeding for 2 years. Now that I am on a copper IUD I havent stopped bleeding for 2 months. My Gyn just shrugs and says it be like that some times. As far as they can tell, this is my normal. I think I probably have endometriosis, but because of my age and general control of my symptoms they dont want to do explorative surgery at this point in time. If our country ever started monitoring cycle lengths I would expat as fast as I could sell my house. Sorry for this rant. Just scared and angry. Girl same- good luck selling my data Flo, I skip months and then have 2 in a row. Thanks, nightshift. Also fuck Flo, deleted that BS. You sound like me. I finally found a gyno that listened to me when I told him I couldnt live like this anymore (11 when it started, 40 when I finally got a hysterectomy). He told me what I was going through was definitely NOT normal, especially the extremely heavy bleeding and clotting I was experiencing (you didnt mention this so I dont know if you also have this symptom), but it was getting so bad I was experiencing signs of blood loss. Keep fighting for your health and find a doctor who will also fight for you, especially now that things are so fucking scary Oh yeah, extremely heavy bleeding is definitely a thing. Going through 6 overnight pads in an afternoon to try to prevent leaking into my pants. Ive never had a teaspoon of fluid. I think I lose a unit of blood a week (500ml). I am a healthcare provider in a specialty (wound care) so I understand how abnormal that is. But womens health is weird and bullcrap. Absolutely agreed. And yeah, you sound like my twin. Overnight pads never held me for more than maybe two hours before I had to change them. And going to bed at night with one was a guaranteed accident, no matter if I layered them. Forget tampons. And I would just laugh at anyone who even mentioned the cup. I have period shorts I wear to bed. I wear a heavy fresh pad, the biggest granny panties I own, and thick flannel shorts which I know will get stained. Look into Always Discreet or Depends for overnight. Being able to go to bed and just...not worry about it until the morning is amazing. Have you been checked for PCOS? If you arent overweight, it can be difficult to get a doctor to consider it, but I had/have a lot of the same issues as you. Unfortunately, there is no definitive test for PCOS as it is a rule out condition. I do show a lot of the classic symptoms. Acne, weight gain, irregular periods. I cant take combo pills because of migraines. But I might have to go back onto progestin. I tried to get off of it because it killed my libido. I feel you on the last part. Combo pills made me actively suicidal, and progesterone-only pills made me want to murder people. So my obgyn and I struck a deal to take enough progesterone to trigger a withdrawal bleed if I hadnt had a period within three months (in practice, I stretched it to four usually, but no endometrial cancer yet, soooo....). So great being a woman. I tell you what. To be fair, starting any new birth control can take your body a while to adjust. I work in a womens health clinic, abnormal periods (or even constant periods) are actually completely normal for the first few months while your body adjusts. I feel like this information isnt shared enough. Also, the Paragard is notorious for making people miserable as it doesnt have the hormones. [deleted]

What I wish I was told about periods YEARS ago Not all uterus owners may have the same experience as I have, I just wanted to share because I wish I had known some of this years ago! TLDR 1: take vitamin C every day of cramping/bleeding for a shorter, more efficient period 2: try a mestrual cup! With average flow, you can go commando!! My backstory: I have PCOS which means a lot of body hair and downright unpredictable periods. My periods when I was a teen could skip a month altogether or happen twice a month. When I was maybe 21 I had a harrowing experience with an IUD (a whole other story) during which I bled daily for an entire year and was on all kinds of pills to try to get the bleeding to stop until I insisted on having it removed. It took YEARS for my periods to finally become almost regular- and its finally happening! My periods can range from sudden, heavy, and painful to very light and long, maybe 10 days. I hate the 10 day periods. Maybe a year ago (I forget exactly how I heard about it) I started taking drinkable vitamin C every day that I had cramping and/or bleeding. If you look it up, many sources say that vitamin C helps lower the progesterone in your uterus, helping the liner of your uterus break down faster. In my experience, this really works! I also started to use a menstrual cup, and I cannot give this thing enought praise! I no longer suffer from the odor, diaper rash, and general discomfort I did with pads and liners. Im menstruating right now and going commando in white pants, yay! I am 54 and the standard size of the menstrual cup I use is a perfect fit! I tried menstrual disks and those were painful to insert and wear and leaked to the point of basically free bleeding (my wonderful experience with the same brands cup did not help me use their disk at all). But the cup, yall- I think everyone should try it! Plus it means no garbage waste, and it lasts for like a decade! On my first and second day I empty 3 times a day, 2 times most days. If you have to empty it in a public restroom, bring a water bottle into the stall with you. Totally doable! I am open to answer any questions in the comments. I hope this is helpful to someone! I had no idea vitamin c had that type of effect. Very interesting. Heavy bleeder here. Just letting fellow heavy bleeders know that cups do not allow commando on heavy days, which means for me days 1-4. I can bleed out a jumbolina in 30-120mins. If this is also you, cups on those days are hell. Days 5+ can get away with emptying 1-2x/day, at home. No way in hell am I touching public toilets handles, doors, locks, then shoving a slippery exploding cup of blood in and out. Nooope. True, I edited to add this. On my heavy days I have to empty at least 3 times a day. Thanks for pointing that out Oh man you are lucky. I tried mine on bleed day 1-2 and I was pushing it to last two hours. Was like holy shit this is a huge ordeal and not worth it, made me real damn sad as everyone had told me such great things. Was going to be my answer for when zombies attack but perhaps not haha

IUD expiring soon? I have had an IUD for the last 5 years and in August, I will be getting a replacement. Throughout the 5 years Ive had this IUD, I havent had a full period, which was great! I would spot from time to time but never a full week of menstruation. However, this morning, I got my period. Full bleeding, slight cramps, and body aches…the works. Is this because I am nearing the end of my IUDs life cycle? Is this normal? Is there a chance of pregnancy towards the end of the life cycle? August is my expiration date, how far out should I be scheduling my replacement? Thank you! I will be calling my nurse too. Lol This is very normal, and actually I think most women dont get to 5y without some breakthrough period. In many with Mirena, it lasts about 3y. Its still effective at contraception for the full rated life (5y assuming Mirena) even if you are getting your period some. You can replace it early though so you dont have to deal with the bleeding. Yes, this is very common towards the end of the mirenas life. Ive had some patients replace it early if bleeding became troublesome. Since you said give years I assume youre talking about Mirena? If so you should know its actually approved up to 8 years now for preventing pregnancy. Their website says its good for 5 years for controlling periods but anecdotally Ive seen those benefits start to wear off around 4 years. Youre fine re: pregnancy though, youve got a multi-year buffer there.

Went to the doc for a pre-op visit before scheduling a hysterectomy and now Im being pushed into an ablation. Clueless what to do and feel catfished by the doctor. TL;DR: Went to gyno and was given options for heavy periods. Chose hysterectomy doc agreed one visit then flipped and pushed me into an ablation the next. Now undecided what to do, what is safest. Please share your experiences with either. Apologies Im advance for the long rambling, Im exhausted and out of it. Im a 30F and I went to the doctor finally fed up with my monthly hemorrhaging. First appointment after hearing my story, she tells me it doesnt matter what my family history is, my problem needs addressed. Not one woman in my family has made it to menopause naturally, always needing hysterectomies. Some have failing thyroids. Needless to say Im concerned and want the heavy bleeding to stop. At the first appointment Im given my options. IUD, ablation, the pill, or a hysterectomy. I tell her hysterectomy is where Im leaning and list reasons why. Everyone I know who had an IUD had those supposedly rare complications (one needed an emergency hysterectomy at only 22) at minimum they all have unending headaches, the issue I always had with the pill and why that option was also out for me. She says shell cut it out of me if thats what I want. I break down sobbing in her office feeling like Ive finally been heard to which she awkwardly pats my shoulder standing an arm length away telling me not to cry all while I feel foolish but relieved and hopeful. Next appointment is the pre-op where Im to bring up all questions before the surgery is scheduled. Nervous and excited I bring in my 20 questions and am already mentally counting down the days till Im period free. This doctor sits down across from me takes one look at my notebook full of questions and immediately launches into all the reasons I shouldnt have a hysterectomy. She proceeds to talk about the new studies that show partial hysterectomy leads to early menopause which means Ill get osteoporosis, heart disease, and dementia. I mentioned reading somewhere that it can trigger menopause up to 10 years early to which she agreed. She then says if she was told she needed a hysterectomy she would do everything else first before doing that. She kept repeating that its major surgery. She then says I should do an ablation first and I mention pregnancy concerns Id heard about to which she says shell throw in a tubal if I want, saying how easy itd be to do both at once. The fact that a tubal was thrown in like an afterthought worries me because it was only brought up after I mentioned concerns of pregnancy and shes like if youre so worried about fertility Ill throw in a tubal. As I understand it pregnancy after ablation can be life threatening for me so should that not be a given that its also needed? Me, surprised at a seemingly easy option after all this, agrees to it and proceeds to ask questions Id written that pertain to an ablation instead. The doctor begins tapping her feet and constantly checking her laptop, giving me vague answers such as everyone is different when asking how my ultrasound is normal if one ovary looked so much larger and covered in follicles (or cysts?) than the other. She cuts me off saying she has lots of other clients and tells me to schedule another pre-op appointment this time for the ablation and lets me know someone will call to schedule the procedure itself. I leave feeling confused but a bit better knowing that an ablation and tubal requires little recovery (in her words none, Ill be back to work after a weekend and theres no lifting or sex restrictions). I get home and research ablation more and am immediately inundated with numerous complications from just a plain search of uterine ablation and tubal. The complications and rate of failure seem obscenely high for something that is toted as a quick and easy fix to menorrhagia. The fact alone that there are numerous new syndromes with post ablation in the name is concerning. I immediately feel in my gut that something is off. So now I dont know what to do. Between the first and second appointment I fully accepted my decision and did heavy research, going in with questions I had that had inconclusive answers I was unable to find myself. I had read a good bit of Lauren F Streichers book on hysterectomies. I did see partial hysterectomy done early can lead to early menopause but saw it was roughly 2 years not the 10 Id thought and she erroneously confirmed. Is 2 years enough to significantly increase risk of dementia, osteoporosis, and such? Or is this more correlation not causation like the supposed link between gingivitis and heart disease (as one expert put it, someone with a high sugar diet and poor dental hygiene probably has poor health overall). I thought Id finally found a gyno who listened and cared and put me in control of my own health. Instead I feel catfished. After the first appointment Id even sent her a big thank you message for listening to me and truly caring. I feel like Id met with two completely different people. While I think finding a new doctor is a given, my options arent much different. So I want to know everyones experience and thoughts. That way when I find a new better doc or face my current one again, I can go in head held high that this is what I want and they need to make it happen. Is a partial hysterectomy at 30 as horrible as she makes it sound, essentially guaranteeing dementia and various misery? Is an ablation really that safe if there are so many complications that seem nowhere near minor? Novasure and the roller techniques seem to just burn the outermost layer trapping the inner layer for women with thick endometrial tissue, causing extremely painful cramps and black clotty periods. And this is the minor issues not considering if the bowels are nicked or the cervix scarred over or numerous other common problems. I will not consider anything hormonal such as the pill or IUD due to terrible side effects Id had on various pills over the years. So my options are to either risk an ablation being successful (which seems rare or very temporary at the least) or risk a hysterectomy that could cause all kinds of problems because of only being 30. Or continue to hemorrhage even though each month gets worse and worse (I now must manage it with adult diapers, frequent naps when I can, a monthly bottle of ibuprofen and iron supplements). Im done doing all the breeding I wanted so absolutely no more kids for me. All tests have come back normal supposedly. Except low iron. And my gyno said my uterus is twisted and upside down but is apparently normal? Im at a complete loss and just so tired all the time. I just want it to be over with. I had an ablation which failed after a year, started bleeding one day and it didnt quit until I did the partial hysterectomy. I did have early menopause but pretty much all my closest relatives either had early or hysterectomys. Got on hrt pretty quickly so hopefully that mitigates some of the other issues from early menopause. I was unlucky although lots of people are successful with the ablation. Good luck whichever way you choose. Honestly, my biggest turn off in this was that she said I have other patients to get to. Lets reschedule. Without finishing answering your concerns. You were doing a pre op and she completely pivoted and now you have to come back and do it all over again. On one hand, part of me wants to think the doctor was refamiliarizing herself with the literature as any good doctor does before a surgery. Things can change fast in medicine and if she was seeing a lot of stuff that made her concerned about doing a hysterectomy on a 30yo, that might explain her pivot. This explanation makes me feel the best, tho the dr could have explained that better. Her bedside manner sounds meh. I cant tell you what the correct decision is. The doctor is right that a hysterectomy is major surgery and that carries complications. All you can do is research both options, look up the incidence of complications for both, as well as how effective each would be in treating your problem. If ablation works, thats great. But it would suck if you ended up having to go back in for another major surgery because ablating what the gyno thinks is the problematic tissue doesnt solve things. Then again, if it does, then it beats dealing with the complications of early menopause. You dont want a out of the frying pan into the fire situation. Im afraid no solution is going to be ideal though, and thats the hardest decision to make. I wish it were easier. Question: what about non hormonal IUD? Ive no idea if they might be effective in your case, but the side effects are less severe than either surgery. Maybe worth a try first? Thus is not the doctor i would want operating. Go find a better one who listens and doesnt ignore questions! I had a partial one in my mid thirties and have had to be on hormones the past 16 years for it-otherwise yeah menopause. No dementia or osteoporosis or any issues for me at 50. Mine was medically necessary though . The ablation is a recovery she doesnt know what shes talking about . I hope you get a hysterectomy if thats what you want. But please for the love of all things good go to a better doctor. One who fully explains, answers every question and gives a treatment plan for if you do have potential issues ( menopause etc). The doc that did my bisalp last summer, when I asked about endo and period pain after surgery, got real defensive regarding ablation and said he performs LOADS of hysterectomies (laparoscopic) in people who had an ablation that left them in tremendous pain. I mostly have tons of pain, not so much tons of bleeding but more than desired. It may be different with someone who bleeds heavily, but it may be time to get your medical records in the hands of someone else who can review and answer your questions

Looking for a quality pantiliner for things. Please help!! So, I dont always want to wear regular underwear (boy shorts, bikini, cheeky, etc.) when I am on my period, so I wear thongs. However, I am so tired of the options I have tried from our local stores. I dont like Carefrees because the wings stick together which leads to a battle of trying to rip them from my thong while balancing on a toilet with my pants around my ankle. Half the time the liner rips at the wings which is disgusting 🤢 They also arent wrapped which means they are NOT clean when they get applied. The other brand I tried was the U by Kotex, and the only issue with these is that they dont actually go the width of the thong. The liner part of the liner is so small!! What do you use or recommend? I do not want a reusable one because its not convenient for my job to carry something around thats bloody. I cant use a cup because I have an IUD, nor do I bleed enough for one. But I am at a loss! Any and all help us welcome, thank you! Aisle used to sell a reusable thong pantyliner that I really like. Its soft cotton Jersey with a waterproof layer. Thanks [deleted] What about the edges? If theres no seam then blood could leak out, cotton could fall out, or the top would bunch up, or am I missing something? [deleted] Yeah they make them. Ive tried two and dislike them for varied reasons, so I was hoping there was a brand I didnt know about. Just checked their website for something else and they dont make thong liners any more but they do make a period panty thong: https://periodaisle.com/products/thong Ive never heard of them, so thank you very much!!

Diaphragm/Cervical Cap Discussion I asked several experts and spent days researching non-hormonal methods of birth control (i.e. barrier methods of cervical cap &amp; diaphragm) because my body has rejected every other kind. Hopefully this compilation of that info helps give you a heads start when you talk to your doctor. https://nwhn.org/female-controlled-barrier-methods-forgotten-but-not-gone/ Here are my notes for some other poor soul like me who cant use the non-hormonal IUD and may be hesitant to go through with tubal litigation. I welcome feedback because Im going insane. This is an overview of the differences between the FemCap (cervical cap) and Caya (diaphragm), plus a list of contraceptive gels that are used with both. CERVICAL CAPS ARE NOT WIDELY AVAILABLE. The only one left in the U.S. is the FemCap. As far as diaphragms go, only one is widely distributed- its called the Caya diaphragm. The Caya diaphragm is not a cervical cap, but it is a new one size fits most contoured diaphragm. They both require spermicide or acid-buffering gel application, so the only real advantage of the cap is how long you can leave it in (48 hours vs 24 hours). Both need to be left in 6-8 hours after intercourse. Diaphragm and cervical cap both need reapplication of spermicide/acid-buffering gel if 2-3 hours has past, &amp; needs reapplication each round. Both need to be tested with water for leaks regularly and replaced every 1-2 years with perfect care. In regards to contraceptive gels, youll need to use classic Nonoxynol-9 spermicide gel or natural alternatives (acid buffering gels). You can use acid buffering gels with spermicide gels. https://www.plannedparenthood.org/learn/birth-control/spermicide Heres a list of a few options and their ingredients: ACID BUFFERING (reducing pH to make vagina more acidic) GELS - CayaGel or ContraGel (UK) \* Water \* Lactic Acid \* Sodium Lactate \* Methyl Cellulose \* Sorbic Acid \* Vanillin - Phexxi (U.S.) \* lactic acid \* citric acid \* potassium bitartrate \* glycerin \* alginic acid \* xanthan gum \* sodium hydroxide \* benzoic acid \* purified water SPERMICIDE - Gynol II \* Nonoxynol-9 (3%) \* Lactic acid \* methylparaben \* povidone \* propylene glycol \* purified water \* sodium carboxymethylcellulose \* sorbic acid \* sorbitol solution - VCF Gel \* Nonoxynol-9 (4 %) \* Vaginal Contraceptive \* CMC 7MF \* Lactic Acid \* Methylparaben \* Potassium Sorbate \* Propylene Glycol \* Purified Water \* PVP K 30 \* Simethicone \* Sodium Benzoate \* Sorbitol Solution \* Trisodium EDTA - Conceptrol \* Nonoxynol-9 (4%) \* Lactic Acid \* Methylparaben \* Povidone \* Propylene Glycol \* Purified Water \* Sodium Carboxymethylcellulose \* Sorbic Acid \* Sorbitol Solution The failure rate on diaphragms is so high that I suspect they do very little. The spermicide is more effective but even that fails a lot. If I had the option, these methods would not be my first choice.

Has anyone with the Mirena experienced a sudden return of period? [deleted] That happened to me! I had my Mirena for over a year to try to treat heavy periods. After the initial post-insertion bleeding, my periods were lighter or nonexistent for months, and then I started to have much heavier bleeding than before. I ended up being diagnosed with fibroids. Would definitely recommend consulting with a doctor to verify that your IUD is in place and there is nothing else going on.

Period solutions for bleeding heavier than super plus tampon I have a copper IUD and I bleed through a super plus tampon in 1.5-2 hours on my heaviest day. Changing them hurts. I wear a pad because I usually cant make it to the bathroom every 2 hours but I hate pads and it feels gross. Does anyone have solutions? I used to have mirena IUD and I had the opposite problem - basically just spotting for 5-7 days, I used light tampons and liners. But I had to switch because I tried a hormonal medication. I ended up not needing the medication and Im wondering if its worth switching back… though I might end up on another hormonal medication. Menstrual discs or cups may be viable options, they hold more than most tampons. And theres a bit of a learning curve. If not, you can switch back to a hormonal IUD. Good luck! I heard if you use those wrong they can kinda cause suction to your cervix and I was worried it might pull my iud out. I also exercise a lot, lifting heavy weight. Do you think cups would be unsafe? Ive never met someone who used them I second a cup or disc. They work super well for me Ask your doctor for tranexamic acid to help cut the bleeding down. Ibuprofen, often branded as Advil and Motrin, can also help cut bleeding down. As others have mentioned menstrual cups and discs might also help. Menstrual cups can certainly hold a lot more blood than a tampon. Finding the right one for you might take time and they can be expensive. I havent tried menstrual discs. Ultra tampons are what I use on my heaviest days but Im usually still changing them every three hours. I see other people recommending menstrual cups but when I was checking them out a couple of years ago they werent great for people with higher volume periods, maybe thats changed.

Another wtf is going on with me essay. The chaos that is womens health and the brain. Has anyone else been through something similar? Hello! This is going to be a bit of an essay but Ive had so many things going on for the past few years and Im curious whether it resonates with anyone else. Womens health is such a mess of confusion! About 18 months after having my second child I got a Mirena. After a year my body settled into it and then I had back to back breast cancer scares in the space of a couple of months. The experience was obviously pretty stressful but my fight or flight never really settled after this. Having no family history or my own history of anxiety it was all pretty worrying. I didnt experience baby blues or anything like that, no pms. I lost my mother in my early twenties so have dealt with some serious stuff but am in general an easy going positive person. It came in waves which I eventually noticed to be in rhythm with ovulation and a barely their period. Some other things that started were: - Ocular migraines monthly around ovulation. - Baby fringe/bangs hair loss like I experienced during postpartum. - Intense anxiety which could come on randomly or would be easily triggered at certain times of the month. It would always start physical though so didnt really align with what I read about anxiety. Starts as more of a buzzy feeling in my body, prickly head, hot, jittery, nauseous, and then intense doom like feeling. - General feelings of unease probably heightened because I had no idea what was going on with me. - During these anxious days Id end up utterly exhausted and unable to eat due to queasiness. I tried seeing a naturopath and had bloods taken. The main thing was that my cortisol was high but vitamin d etc were fine. Eventually went to doctor and he prescribed me a SSRI with the thought that I wasnt suffering from anxiety per se but my neuro pathways were out of whack due to the breast cancer scares. These meds have helped (aside from intense night sweats that fluctuate with my cycle) to keep me more balanced yet I was still getting these buzzy anxious hits out of nowhere (often theyd be followed by coloured discharge the next day). My doctor hadnt really taken on board my thinking that it was all related to my cycle and hormones because he thought Im too young for that to be an issue (37yrs). The more I read online the more I started thinking the mirena could be to blame. I was still experiencing all the other symptoms above. My doctor thought it could be right but suggested the mirena could be helping these symptoms and that they could be worse if I removed. I thought it seemed crazy not to try so had it removed by someone else anyway. That was two months ago and Ive been feeling good. No migraines. One normal period so far with no pms. Was thinking about coming off SSRI but yesterday in the approach to my second period I had a full attack of buzzy, tense unease which let into doubts etc. Honestly feels like Im going to explode or something. Only lasted half a day. Now Im left wondering whether its because the post mirena hormones havent settled yet or Im now reading things about blood sugar levels or that I should be taking B-6 and other supplements. Phew what an offload! Is anyone else in this rollercoaster boat with me? So much of your symptoms remind me of all the women who got Essure sterilization. These exact same complaints. And they were ignored for years. And then eventually it will came to a head and now the process isnt even allowed! It also involves a foreign object inside your reproductive organs. Full disclosure: Ive had Essure done for 13vrs and no problems, but i followed the lawsuit closely. You should look it up, its so interesting how much this sounds like that. Oh interesting! I havent heard of that. Thank you. Its so crazy how we are all affected by these things so differently. I understand it makes it difficult for doctors to determine cause but having to figure it out on your own is gruelling and really problematic. Oh man I was nuts on hormonal birth control, physically and mentally. I got my tubes removed and now Im fine, but I had a laundry list of extremely weird symptoms that started within a few months of me getting on the pill for the first time and ended within a few weeks of me getting off birth control, with no recurrence in all the years since. That stuff is just wild for some of us. So I guess theres still hope itll all settle! So bizarre. Definitely. Also I had really crazy periods for about a year not too long ago, and getting on a better vitamin regimen seems to have fixed that. Probably worth getting your blood checked, some vitamin deficiencies can mess with your mental health.