

What is “Flooding”

Flooding is a sudden onset of very heavy menstrual bleeding — often intense and exhausting.



Why It Happens in Perimenopause

During perimenopause, estrogen levels swing wildly — often without enough progesterone to balance them.

This causes the uterine lining to build up and then shed suddenly, leading to heavy bleeding.

Other Medical Indicators

You may notice:

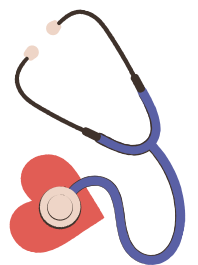
- Large clots
- Needing to change pads/tampons hourly
- Periods lasting longer than usual
- Feeling dizzy, weak, or drained

It can happen even if your periods have become irregular.



When to Talk to a Doctor

- **Soak through pads within an hour.**
- **Bleed for more than 7–8 days.**
- **Feel dizzy, breathless, or extremely tired.**
- **Pass large clots frequently.**
- **Feel this change is sudden or disruptive.**



What Can Help

Pelvic ultrasound to check uterine health
Hormonal treatments (like progesterone)
Iron supplements if you’re anemic
Stress reduction techniques
Tracking cycles for patterns



Le Nest Hospital Supports You With:

1. **Menstrual & hormonal evaluations**
2. **Non-invasive imaging (fibroids, lining thickness)**
3. **Nutritional & anemia support**

You’re not alone — we’re here to help you feel like you again.