

Evelyn & Rose Women's Health

Heavy Periods (Menorrhagia): Causes, Investigations & Treatments

Heavy menstrual bleeding affects up to 1 in 5 women and can cause fatigue, anaemia, and disruption to daily life. It's considered heavy if you soak through pads or tampons every 1–2 hours, pass large clots, or need to change protection overnight.

■ Causes of Heavy Periods

Heavy bleeding can have hormonal, structural, or medical causes: • Hormonal: irregular ovulation (PCOS, perimenopause), thyroid imbalance • Structural: fibroids, polyps, adenomyosis • Other: bleeding disorders, certain medications, or rarely, uterine/cervical cancer

■ Investigations

Investigations may include pelvic examination, ultrasound, blood tests, cervical screening, and endometrial biopsy. A hysteroscopy may also be performed to inspect and treat the uterine lining directly.

■ Medical Treatments

Treatment depends on cause, severity, and fertility goals. • Hormonal: combined oral pill, progesterone therapy, or Mirena® IUD • Non-hormonal: tranexamic acid, NSAIDs (e.g., mefenamic acid) • Iron supplementation for anaemia

■ Surgical Treatments

When medications aren't effective, surgical options may include: • Hysteroscopic removal of polyps or fibroids • Endometrial ablation (removal of uterine lining) • Myomectomy (fibroid removal while preserving uterus) • Hysterectomy (removal of uterus – definitive treatment)

■ Lifestyle & Support

Maintain a healthy weight, eat an iron-rich diet, track cycle changes, and seek review if bleeding worsens or occurs between periods.

At Evelyn & Rose Women's Health, we offer tailored medical and surgical management for heavy periods, with a focus on comfort, safety, and holistic care.

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Disclaimer: This factsheet provides general information only and does not replace medical advice. Always consult your healthcare provider.