

# Treatment Options for Heavy Menstrual Bleeding.

## 1. Tranexamic Acid (Non-hormonal; Non-contraception)

- *How it works:* A non-hormonal medication that helps reduce heavy bleeding by preventing blood clots from breaking down. When heavy bleeding starts, take 2 pills at a time, 3 three times a day, for up to 5 days as needed.
- *Pros:* No hormonal side effects.
- *Cons:* Must be taken during your period; may not be suitable for everyone.

## 2. Progesterone-Only Pills (Mini-Pills)

- *How it works:* Mini-pills contain only progestin and can help regulate your menstrual cycle.
- *Pros:* May reduce heavy bleeding and provide contraception.
- *Cons:* Must be taken daily at the same time; may cause irregular bleeding.

## 3. Combination Oral Contraceptive Pills (OCPs)

- *How it works:* These pills contain both estrogen and progestin, which can help regulate your menstrual cycle and reduce bleeding.
- *Pros:* Highly effective for contraception, lighter periods.
- *Cons:* Daily intake, potential hormonal side effects.

## 4. Depo-Provera (Birth Control Shot)

- *How it works:* A hormonal shot given every 3 months that can significantly reduce menstrual bleeding.
- *Pros:* Fewer periods, effective contraception.
- *Cons:* Requires regular injections; hormonal side effects. Largest complaint: Breakthrough bleeding.

## 5. Contraception Patch

- *How it works:* A transdermal patch that delivers hormones to regulate the menstrual cycle and can reduce heavy bleeding.
- *Pros:* Easy to use, only requires weekly application, effective contraception.
- *Cons:* May cause skin irritation; potential hormonal side effects.

## 6. Vaginal Ring Contraceptive

- *How it works:* A flexible, hormone-releasing ring inserted into the vagina, providing contraception and helping to regulate menstrual cycles.
- *Pros:* Easy to use, no daily upkeep, effective contraception.
- *Cons:* May cause vaginal irritation; potential hormonal side effects.

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## **6. Subcutaneous Arm Implant Contraception (Nexplanon)**

- How it works: A small, matchstick-sized implant that releases progestin, providing contraception and reducing heavy bleeding.
- Pros: Long-lasting (up to 3 years), no daily upkeep. Contraception.
- Cons: Requires insertion and removal procedure; potential hormonal side effects. Largest complaint: Breakthrough bleeding

## **7. Levonorgestrel Intrauterine Device (LNG-IUD)**

- How it works: A small, T-shaped device placed in the uterus that releases progestin to reduce bleeding.
- Pros: Long-lasting (3-8 years), highly effective, minimal hormonal side effects.
- Cons: Requires insertion and removal procedure.

## **8. Surgical Options**

- Uterine Ablation: A procedure that removes or destroys the uterine lining, often used to treat heavy bleeding. Must be of complete family status and have reliable contraception method.
- Polypectomy: If you have a uterine polyp, surgical removal of uterine polyps that can cause heavy bleeding.
- Myomectomy: There are many surgical removal/shrinking options for fibroids (non-cancerous growths in the uterus) that may be contributing to heavy bleeding.
- Hysterectomy: Removal of the uterus, fallopian tubes and likely cervix. Usually considered when other treatments have failed or are not suitable. If you are premenopausal or <60y/o the ovaries are traditionally NOT removed.