

Your Journey with Post-Menopausal Bleeding



For more information scan this QR code or go to myhealth.alberta.ca/post-menopausal-bleeding-pathway

Post-menopausal bleeding is when a person older than 40 years of age has new vaginal bleeding after one year of no bleeding.

You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat your abnormal uterine bleeding. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, your questions, symptoms, and concerns.
- Symptoms you may have are new bleeding, spotting brown or pink discharge, bleeding after or during certain activities, bleeding after sex, and pain.



Visit your healthcare provider

- Consider bringing a family member or friend to support you.
- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

Your tests and assessments may include:

- Internal pelvic exam
- Urine test
- Pap test
- Internal ultrasound
- Blood tests
- Biopsy of your uterus



Review your test results

- You may find some of your test results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords or ahs.ca/mychart).
- Talk with your healthcare provider so you know what your test and assessment results mean and how they will help your team and you decide what to do next.



Review your treatment & management options

- There are many ways to help treat and manage post-menopausal bleeding.
- Talk with your healthcare team to determine what is best for you, such as:
 - Medication that can help reduce your bleeding and manage your pain
 - Hysteroscopy - This procedure can remove polyps or fibroids
 - Surgery if other treatments do not work



Talk with your healthcare provider about a referral

- Not all patients need a referral to see a specialist.
- A referral is determined based on your symptoms, test results, your history, and your age.



Start your treatment & watch your symptoms

- **Call 811 if you have any of the following symptoms:** soaking a high-protection pad, tampon, or menstrual cup every hour for more than 2 hours; passing clots larger than a loonie; feeling dizzy, weak or feverish; having very bad abdominal pain.
- Any change in your menstrual pattern or amount of bleeding that affects your daily life should be checked by your healthcare team.
- If you have a change in symptoms or notice a new symptom, consider keeping a menstrual diary to track your symptoms.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy-lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?

ahs.ca/findadoctor

Need a translator or interpreter? Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca



Primary Care
Alberta