



What's Happening to My Period?

Quick Guide™

Periods often become less predictable during perimenopause.
This guide can help you understand common changes and recognize when to seek medical care.



Earlier or Later

Your cycle may shorten, lengthen or vary from month to month.



Heavier

Flow may become heavier, last longer or include more clotting.



Lighter

Some periods may be shorter or much lighter than usual.



Skipped

You may miss one or several periods and then have bleeding again.



Closer Together

Hormonal shifts can occasionally bring periods less than three weeks apart.



Changing Symptoms

Cramps, breast tenderness, headaches, mood changes or sleep problems may feel different.



Please Contact Your Healthcare Provider If...

- ☐ Soaking through a pad or tampon every hour for more than two hours
- ☐ Bleeding lasting longer than seven days or repeatedly becoming very heavy
- ☐ Bleeding between periods or after sex
- ☐ Cycles consistently occurring fewer than 21 days apart
- ☐ New severe pain, dizziness, weakness, shortness of breath or fainting
- ☐ Any bleeding after 12 consecutive months without a period



Helpful Details to Track

Start and end dates • Flow level • Clots • Pain • Bleeding between periods • Other symptoms



Gentle Reminder

Perimenopause can change your periods, but new or unusual bleeding should not automatically be blamed on hormones.



Martine's Midlife Wellness Tip

Keep a simple record, even if your cycles are irregular.
Dates, flow changes and accompanying symptoms can give your healthcare provider a much clearer picture.

