



Postmenopausal Bleeding Action Card™

Know what counts as bleeding, what to record and why timely evaluation matters.



Any vaginal bleeding after 12 months without a menstrual period should be evaluated, even if it happens once or appears as light spotting.

What Counts as Postmenopausal Bleeding?



SPOTTING

Pink, red or brown marks on underwear or toilet tissue.



LIGHT BLEEDING

A small amount that may not require a pad.



HEAVIER BLEEDING

Flow that requires a pad or is increasing.



AFTER SEXUAL ACTIVITY

Bleeding or spotting after penetration or genital contact.



AFTER AN EXAM OR PROCEDURE

Bleeding that is unexpected, continues or concerns you.



BLOOD WITH UNCERTAIN SOURCE

Blood that might be vaginal, urinary or rectal.

If you are unsure where blood came from, report that uncertainty rather than trying to diagnose it.

What to Do

1



CONTACT A HEALTHCARE PROFESSIONAL

Call your gynecologist or another appropriate healthcare professional for timely guidance and an appointment.

2



RECORD THE DETAILS

Note the date, color, approximate amount, duration, pain and what was happening when it began.

3



REVIEW MEDICATIONS & HISTORY

List hormone therapy, vaginal treatments, blood thinners, recent procedures and relevant gynecologic history.

4



ATTEND THE RECOMMENDED EVALUATION

Testing depends on your history and may include a pelvic examination, ultrasound, endometrial sampling or another assessment.

How Urgent Is It?



PROMPT EVALUATION

Any postmenopausal spotting or bleeding, even if light, painless or only once.



URGENT OR EMERGENCY CARE

Heavy or rapidly increasing bleeding, soaking pads, large clots, severe pelvic or abdominal pain, fainting, marked weakness, dizziness, shortness of breath or signs of shock.

Call 911 for fainting, trouble breathing, signs of shock or another medical emergency.

Details to Record

Date and time: _____

Color: ☐ Pink ☐ Red ☐ Brown ☐ Unsure

Amount: ☐ Spotting ☐ Light ☐ Moderate ☐ Heavy

Duration: _____

Pain or other symptoms: _____

What was happening beforehand: _____



Many causes of postmenopausal bleeding are not cancer, but evaluation is important because bleeding can sometimes signal a condition that needs treatment.



Gentle Reminder

Do not assume bleeding is caused by dryness, sexual activity, a urinary infection or hormone treatment without discussing it with a healthcare professional.



Martine's Midlife Wellness Tip

Take a photo of the amount or color if you feel comfortable doing so. A visual record can sometimes help when the bleeding has stopped before your visit.