MANAGING PERIOD PAIN

I'm told to silently bear period pain, but it's difficult to work when I'm in pain. When should I take painkillers?

You don't need to suffer! Menstrual cramps are normal for some women before and after periods. Painkillers are recommended when menstrual pain prevents you from carrying out your work normally.

How many painkillers can I take in a day to help with period pain?

Dosage will vary, depending on the pills. Follow the directions on the package or recommendations of your health provider.

Are there ways to reduce period pain other than taking pain medicine?

Yes! You can take warm baths, use a hot water bottle, or apply pain relief balms to your abdomen.

You need to see a doctor if:

- **The painkillers prescribed by a doctor/nurse or the non-medicinal pain relief methods don't seem to work.**
- **Menstrual pain regularly interferes with your daily routine.**
- **Bleeding becomes heavier, as this could indicate an underlying health condition.**

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