

Vaginal Bleeding After Menopause: Care Instructions



Your Care Instructions

Vaginal bleeding after menopause can have many causes. Causes may include infection, inflammation, prescription hormones, abnormal growths, and injury. Your doctor may want you to have more tests to find the cause of your vaginal bleeding.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- If your doctor gave you medicine, take it exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not have sex or put anything inside your vagina until you talk with your doctor.
- Do not douche.

When should you call for help?

Call anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).

Call your doctor now or seek immediate medical care if:

- You have severe vaginal bleeding.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have new or worse belly or pelvic pain.

Watch closely for changes in your health, and be sure to contact your doctor if:

- Your bleeding gets worse.
- You think you might be pregnant.
- You do not get better as expected.

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