

# Changes to your monthly periods are **NORMAL** while using family planning

It is common to have changes to your menstruation (monthly periods) when you use some family planning methods.\*

Review this guide as part of family planning counseling when you choose a method.



\*Normal changes in your monthly periods can include lighter bleeding or less bleeding, shorter bleeding, heavier bleeding or more bleeding, longer bleeding, bleeding when you don't expect it, or a pause in your bleeding (for example, while you're using family planning you may completely stop bleeding for some or all of the time you're using the method).

**Talk to your doctor if have any questions or concerns at any point.**

**N**

It is **NORMAL** and safe to have changes in your monthly periods when you use some family planning methods.\*



**O**

Lighter bleeding or a pause in bleeding\* can provide **OPPORTUNITIES** by giving you strength and freedom to go on with your daily activities.



**R**

Your monthly periods and fertility will **RETURN** after you stop using family planning.



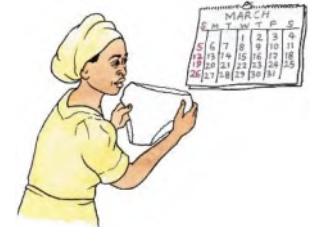
**M**

Different family planning **METHODS** can cause different bleeding changes. Talk to your doctor about what you want.



**A**

**ABSENCE** of monthly bleeding by itself does not mean you are pregnant.



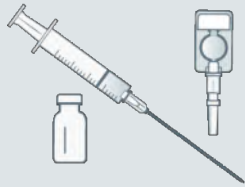
**L**

Talk to your doctor if changes to your monthly periods **LIMIT** your activities. There may be treatments that can help.



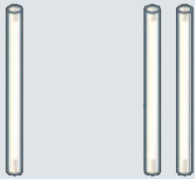
# Different family planning methods can cause different menstrual changes

Below are some common bleeding changes, **but everyone is different**. You may experience none of these changes, some of them, or all of them.



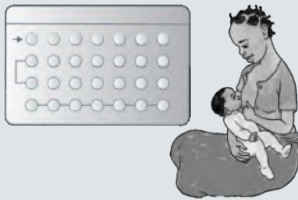
## INJECTABLES

- Bleeding when you don't expect it
- Spotting
- Lighter bleeding (less bleeding)
- Heavier bleeding
- Paused bleeding



## IMPLANTS

- Bleeding when you don't expect it
- Spotting
- Lighter bleeding (less bleeding)
- Heavier bleeding
- Paused bleeding



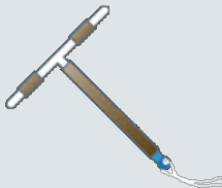
## PILLS (Progestin-Only Pills)

- Shorter bleeding
- Lighter bleeding (less bleeding)
- Spotting
- Paused bleeding if breastfeeding
- Bleeding when you don't expect it
- Longer bleeding



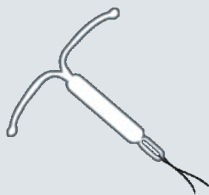
## PILLS (Combined Oral Pills)

- Shorter bleeding
- Lighter bleeding (less bleeding)
- Spotting



## COPPER IUD

- Normal bleeding
- Heavier bleeding
- Longer bleeding



## HORMONAL IUD

- Bleeding when you don't expect it
- Spotting
- Lighter bleeding (less bleeding)
- Less frequent bleeding
- Paused bleeding

REMEMBER: If your bleeding pauses while you are using family planning, this is **NORMAL**. There can even be benefits to your health or life.

*Talk to your doctor if you have any questions or concerns.*