KNOW YOUR FLOW

Does having a period cause pain or discomfort?

Feeling pain before or during your period is very common. More than half of women and girls with periods have some pain for 1 to 2 days each month.



Symptoms related to painful periods can include:

- Muscle cramps in your lower belly or back
- Nausea
- Vomiting
- Diarrhea
- Headaches

To help ease cramps, you can try the following:

- Take ibuprofen or naproxen sodium (if you do not have an allergy to aspirin or severe asthma). Always follow the directions on the bottle for how much to take.
- Exercise.
- Place a heating pad, heat wrap, or other source of heat on your belly or lower back.

If these problems don't go away after treatment or if your pain is severe, feels worse than usual, or if you can't go to school or do your normal activities, you should talk to your doctor.

For more information on menstruation, go to medlineplus.gov/menstruation.html

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