







## Tips for starting conversations about the menstrual cycle



### It is recommended to seek medical advice/see a GP if:

- 
 Periods have not started by 15-16 (or 14 if no signs of puberty)
- 
 Started developing breasts more than 3 years ago and does not have a period
- 
 Has severe cramps impacting daily life and not relieved by over-the-counter pain killers (after seeking medical advice for use)
- 
 Very heavy bleeding, bleeding that goes through a pad or tampon faster than every 2 hours or need to use double period products
- 
 Severe premenstrual symptoms that get in the way of everyday activities
- 
 Is more than 2 years from the first period and periods still do not come regularly every 21-35 days or has missed 3 or more periods in a row

