

*Heavy periods are most commonly treated with the progestin intrauterine device (IUD) or combination oral contraceptives...*

### **Progestin intrauterine device**

- Decreases the amount of bleeding.
- Improves quality of life.
- Effective for preventing pregnancy.
- Placed in the uterus by a healthcare provider at an office visit.
- Once it is in, don't need to take any other medication for periods (effective for 5 years).
- To discontinue it, healthcare provider needs to remove it at an office visit.
- Women with certain abnormalities of their uterine cavity cannot use it.



### **Combination oral contraceptives**

- Decreases the amount of bleeding.
- Improves quality of life.
- Effective for preventing pregnancy.
- Healthcare provider gives a prescription that is filled at the pharmacy.
- Need to remember to take a medication every day.
- To discontinue it, the woman just stops taking the medication.
- Women with certain health conditions (such as high blood pressure, smokers over age 35 years) cannot use.



*...but studies are needed to figure out which treatment is more effective at making women feel better.*

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