



*Dr Wolfgang Muller (Consultant Paediatrician)*

# Parent Information Guide:

## Tranexamic Acid for Heavy or Prolonged Periods

### Information for young people and parents/carers

#### Why has tranexamic acid been prescribed?

Tranexamic acid is a **non-hormonal medicine** used to reduce **heavy or prolonged menstrual bleeding**. It helps the blood to clot more effectively during a period, which can make periods **shorter and lighter**.

It does **not** affect hormones and is commonly used in teenagers, including soon after periods have started.

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#### How does it work?

During a period, the lining of the womb sheds and bleeding occurs. Tranexamic acid helps to **slow down bleeding** by preventing clots from breaking down too quickly.

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#### How should it be taken?

- Start the medicine **on the first day of the period**
- Take it **2–3 times a day**, as prescribed
- Take it for **up to 5 days only** during each period
- Stop earlier if bleeding becomes light or settles

**⚠ Do not take tranexamic acid every day** — it is only taken **during periods**.

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### **How long will it be needed?**

- It is usually tried for **2–3 periods**
  - If it helps, it can be used safely during periods for longer, with review
  - If it does not help enough, other treatment options can be discussed
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### **Possible side effects**

Most people have **no side effects**.

Common (usually mild):

- Feeling sick (nausea)
- Tummy pain
- Headache

Rare but important (seek urgent medical help):

- Painful swelling in a leg
  - Chest pain or sudden shortness of breath
  - Problems with vision
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### **Is tranexamic acid safe?**

Tranexamic acid has been used for many years in children and adults.

It **should not be taken** if there is:

- A history of blood clots
  - Certain kidney problems  
(Your clinician will have checked this.)
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### **Does it affect fertility or future periods?**

No. - It does **not** affect future fertility and does **not** stop periods.

It is **not a contraceptive** and does **not protect against pregnancy**.



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## **When should we seek medical advice?**

Contact your GP or clinic if:

- Periods last longer than **10–14 days**
- Bleeding becomes heavier despite treatment
- There are symptoms of anaemia (tiredness, dizziness, pale skin)
- Side effects are troublesome

Seek **urgent help** if there are symptoms of a blood clot (see above).

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## **Helpful tips**

- Keep a simple **period diary**
  - Iron supplements may be advised if iron levels are low
  - Taking tablets with food can reduce nausea
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## **Summary**

- Tranexamic acid helps make periods **lighter and shorter**
- It is taken **only during periods**
- It is **non-hormonal and commonly used in teenagers**
- Follow-up is important to check it is working well

If you have any questions or concerns, please contact your healthcare team.

**Written by: Dr W Muller      Date: 19/12/2025**