

7-2-1 rule

What is a heavy period?

1 in 5 women will experience heavy periods. Heavy periods may be a sign of a bleeding disorder. These symptoms should alert you:

7 DAYS



Your period lasts
7 days or more

2 H



Need to change
menstrual protection
more often than
every 2 hours

1 €



Passing blood clots
larger than a 1€ coin

7-2-1 rule

What is a heavy period?

1 in 5 women will experience heavy periods. Heavy periods may be a sign of a bleeding disorder. These symptoms should alert you:

7 DAYS



Your period lasts 7 days or more



Need to change menstrual protection more often than every 2 hours



Passing blood clots larger than a 1€ coin