

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**

