

# Menstrual Management

## Period Solutions That Fit Your Life



### What is Menstrual Management?

Menstrual management, also known as menstrual suppression is the choice to reduce the flow, decrease the frequency of periods, or stop periods altogether.



### Is it safe?

When done in collaboration with your healthcare provider, menstrual management is safe for many people and does not affect future fertility.



### What to know before you start

- There may be a brief adjustment phase with temporary side effects, such as headaches or spotting.
- Trial and error may be needed to find the best method for you.
- Some options may require aircrew to be grounded for 3–7 days.
- It is important to speak with your provider about your personal medical history, any medical conditions you have, any medications or substances that you use, or any other health factors you may have. This information helps your provider to recommend the safest and best option(s) for your specific situation.



### What are the benefits?

Having control over if or when you have a period can be convenient. It can also help treat period-related health issues such as:

- Painful periods
- Heavy Periods
- Irregular/unpredictable periods
- Endometriosis
- Premenstrual syndrome (PMS) symptoms
- Premenstrual depression disorder (PMDD) symptoms
- Polycystic Ovary Syndrome (PCOS) symptoms
- Low iron level (anemia)
- Acne
- Gender dysphoria


# Menstrual Management Options


Select an option for more info →


	IUD	Arm Implant	Depo Injection	Combined Hormonal Contraceptive Methods	Oral Progesterone Contraceptive (mini) pill	Oral Progesterone Pill	Tranexamic Acid	Anti-Inflammatories
Reduces Flow	✓	✓	✓	✓	✓	✓	✓	✓
Reduces Cycle Frequency	⚠	⚠	⚠	⚠	⚠	⚠	✗	✗
Eliminates Flow	⚠	⚠	⚠	⚠	✗	⚠	✗	✗
Prevents Pregnancy	✓	✓	✓	✓	✓	⚠	✗	✗
Treats Acne	✗	✗	✗	✓	✗	✗	✗	✓
Treats Endometriosis	✓	✓	✓	✓	✓	✓	✗	✗
Treats unwanted facial hair of PCOS	✗	✗	✗	✓	✗	✗	✗	✗
Helps with PMS and PMDD	✗	⚠	⚠	✓	✗	✗	✗	✗
Prevents monthly ovarian cysts	✗	✓	✓	✓	✗	✗	✗	✗
Decreases risk of uterus and ovarian cancer	✓	✓	✓	✓	✓	✓	✗	✗


**NOTE:** This information is a general guideline and may not be applicable to your specific circumstances. For example, individuals who smoke, experience migraines with aura, or have a history of clotting issues should not use methods containing estrogen. Speak to your provider about your particular situation so they can suggest the safest and best option(s) for you.


✓ Expected effect      ⚠ Effect may vary      ✗ No effect


INTRAUTERINE DEVICE (IUD) (NOT COPPER)			
TRADE NAME(S)	Mirena® and Kyleena®	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> The IUD is inserted through the vagina into the uterus by a healthcare provider, staying in place for up to 5-8 years.  <i>May Eliminate Flow:</i> After several months with the IUD in place.	
HORMONES	Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Prefers a “set it and forget it” method.</li><li>• Prefers hormones in the uterus, not the bloodstream.</li><li>• Able to tolerate a brief insertion procedure through the vagina.</li></ul>		


ARM IMPLANT			
TRADE NAME(S)	Nexplanon®	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> The implant is inserted by a healthcare provider on the inner side of the upper arm, staying in place for up to 3 years.  <i>May Eliminate Flow:</i> After several months with the implant in place.	
HORMONES	Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Prefers a “set it and forget it” method.</li><li>• Will tolerate some occasional spotting.</li><li>• Will tolerate a brief insertion procedure in the arm.</li></ul>		


DEPO INJECTION			
TRADE NAME(S)	DepoProvera®	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> The injection into the arm or buttock is performed by a healthcare provider every 3 months.  <i>May Eliminate Flow:</i> After several regular injections.	
HORMONES	Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Can access an injection from a healthcare provider every 3 months.</li><li>• Can get adequate vitamin D and Calcium intake.</li></ul>		


COMBINED HORMONAL CONTRACEPTIVE METHOD - PILL			
TRADE NAME(S)		<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Take the pill at the same time every day.  <i>Reduced Cycle Frequency:</i> Take only the hormone pills in the pack, then start the next pack without a break. Continue for 12 weeks, then take a break for a week.  <i>May Eliminate Flow:</i> Take only the hormone pills in the pack daily, without a break between packs.	
HORMONES	Estrogen and Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Can remember to take daily pill.</li><li>• Does not have any health contraindications to using methods containing estrogen (such as smoking, history of clotting, history of stroke, or migraines with auras).</li></ul>		


COMBINED HORMONAL CONTRACEPTIVE METHOD - PATCH			
TRADE NAME(S)	Evra® Patch	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Apply a new patch each week for 3 weeks, take a break for 1 week (4 <sup>th</sup> week).  <i>Reduced Cycle Frequency:</i> Change the patch every week without taking a break. Continue for 12 weeks, then take a break for a week.  <i>May Eliminate Flow:</i> Change the patch every week without taking a break.	
HORMONES	Estrogen and Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Can remember to replace, remove, or apply a patch each week.</li><li>• Does not have any health contraindications to using methods containing estrogen (such as smoking, history of clotting, history of stroke, or migraines with auras).</li></ul>		

COMBINED HORMONAL CONTRACEPTIVE METHOD - RING			
TRADE NAME(S)	Nuva® Ring	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Place the flexible ring inside the vagina and leave it for 3 weeks. Remove the ring for one week (4 <sup>th</sup> week).  <i>Reduced Cycle Frequency:</i> Leave the ring in place for 4 weeks, then replace without taking a break. Continue for 12 weeks, then take a break for a week.  <i>May Eliminate Flow:</i> Leave the ring in place for 4 weeks, then replace without taking a break.	
HORMONES	Estrogen and Progesterone		
IDEAL USER	<ul style="list-style-type: none"><li>• Can remember to change a ring every 3 weeks.</li><li>• Has access to cold storage if room temperature (&lt;25°C) cannot be maintained and/or if storing for longer than 4 months.</li><li>• Does not have any health contraindications to using methods containing estrogen (such as smoking, history of clotting, history of stroke, or migraines with auras).</li></ul>		

ORAL PROGESTERONE CONTRACEPTIVE PILL (MINI-PILL)			
TRADE NAME(S)	Movisse®, Jencycla®, Slynd®	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Take the pill at the same time every day	
HORMONES	Progesterone		
IDEAL USER	Can remember to take a daily pill.		

ORAL PROGESTERONE PILLS			
TRADE NAME(S)	Norlutate®, Visanne ®	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Take the pill at the same time every day.	
HORMONES	Progesterone		
IDEAL USER	<ul style="list-style-type: none"> <li>Can remember to take a daily pill.</li> <li>Requires pain relief for daily pelvic pain or endometriosis.</li> <li>Uses alternative method(s) to prevent pregnancy (if applicable).</li> </ul>		

TRANEXAMIC ACID PILL			
TRADE NAME(S)	Cyclokapron®	<b>RESULTS</b>  <i>Reduced Flow:</i> Take a pill every 8 hours during heavy flow.	
HORMONES	None		
IDEAL USER	<ul style="list-style-type: none"> <li>Prefers to avoid hormone-based medication.</li> <li>Prefers to take medication only as needed.</li> <li>Uses alternative method(s) to prevent pregnancy (if applicable).</li> </ul>		

ANTI-INFLAMMATORY PILL			
TRADE NAME(S)	Aleve® (Naproxen), Advil® (Ibuprofen)	<b>RESULTS</b>  <i>Reduced Flow and Pain:</i> Take pill(s) as directed on the package during pain and heavy flow.	
HORMONES	None		
IDEAL USER	<ul style="list-style-type: none"> <li>Prefers to avoid hormone medication.</li> <li>Prefers to take medication only as needed.</li> <li>Can take with food.</li> <li>Uses alternative method(s) to prevent pregnancy (if applicable).</li> </ul>		