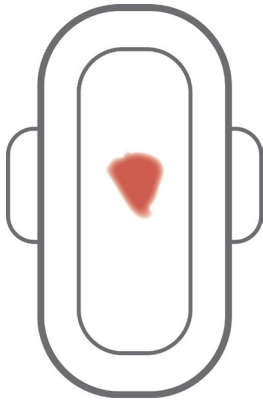
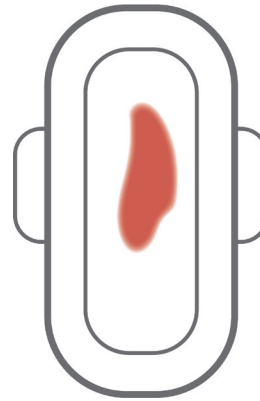


## HOW MUCH AM I BLEEDING?



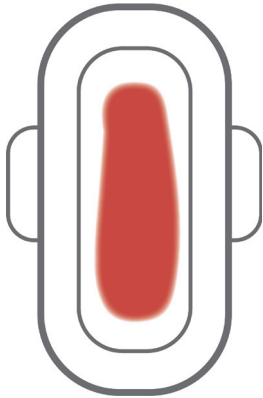
### ***Scant amount***

Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



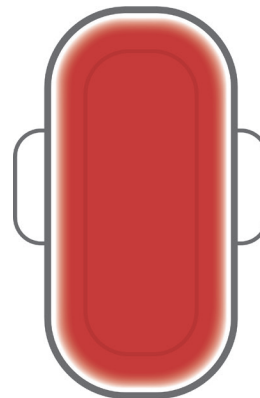
### ***Light amount***

Less than four-inch stain on maxi pad within one hour.



### ***Moderate amount***

Less than six-inch stain on maxi pad within one hour.



### ***Heavy amount***

Saturated maxi pad within one hour.

If you saturate more than 2 maxi pads per hour for more than 2 hours in a row, please call the Emergency On-Call number that was provided to you at your appointment or proceed to the emergency room.