SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF

**MENSTRUAL CRAMPS**

Authorized non-health staff may manage menstrual cramps as follows:

1. For pain associated with menstrual periods, offer female students either ibuprofen 400-600 mg every 6 hours [MDD 2400 mg] **or** naproxen sodium 440 mg every 8 hours [MDD 1320 mg]. Medication should be taken with food or fluid, and is often needed only for the first two or three days of menstrual bleeding.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If the student’s menstrual cramps are not relieved by the medications in #1
* If student has fever, vomiting, severe pain, or heavy bleeding
* If menstrual cramps are interfering with participation in the program
* If student is pregnant or concerned about possible pregnancy