Treatment Guidelines for Health Staff

**Dysmenorrhea**

Authorized health and wellness staff may treat dysmenorrhea as follows:

1. Determine whether or not the bleeding is at an appropriate time for menses and similar to previous periods. If it is not and/or there is a question of possible pregnancy, perform a pregnancy test.
2. Administer non-steroidal, anti-inflammatory medication for relief of pain: Ibuprofen 400-600 mg po every 6 hours prn [MDD 2400 mg] **or** naproxen sodium 440 mg po every 8 hours prn [MDD 1320 mg] with fluids or snack.
3. If dysmenorrhea is recurrent, ensure that student has easy access to medication during each period. The first dose of medication should be given as soon as the student is aware that the period is beginning. Scheduled doses of medication should then be taken continuously during the time the student typically experiences pain (usually the first 2-3 days of bleeding).
4. Encourage participation in normal activities. Routine daily exercise may be helpful with recurrent episodes.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If student appears ill with other symptoms including fever, nausea and/or vomiting, or difficult mobility
* If student is pregnant
* If heavy bleeding or cramping persists beyond 3 days
* If student’s dysmenorrhea is not relieved by the above medications or interfering with program participation