



28 May **MENSTRUAL HYGIENE DAY**

Why are these numbers important today?



28 is also the number of days for an average menstrual cycle.



May - and 5 is the average number of bleeding days each month.



In HMB, the recommended oral dose of TXA is 3 to 4 gm per day for 4 to 5 days, beginning on the first day of the menstrual cycle

-Research and Practice in Thrombosis and Haemostasis (RPTH)
| **HMB** : Heavy Menstrual Bleeding | **TXA** : Tranexamic acid



**Scan Qr Code for
Animated Short Film On
Menstrual Hygiene**