

Fact Sheet - Chinese

月經（經期）及其處理

Menstruation (Periods) And How You Can Manage It



什麼是月經？

子宮在為懷孕作準備時，女人的身體會發生變化，月經是這種變化的一部分。每個月，子宮內膜會充血變厚，這樣，如果懷孕了，胎兒就能在那成長。如果沒有懷孕，就不需要變厚的內膜了，所以每個月的幾天中血就流出陰道——這就是所說的月經。在澳洲，大多數婦女只是說她們的“經期”來了。

月經在什麼時候發生？

大多數女人都有月經。女孩通常在9至16歲開始有月經，女人一般50歲左右停經。一般來說，每個月的經期會持續約三至七天。有些人流很多血，有些流得較少。有些人在經期會有疼痛，其他人則沒有任何疼痛。如果您對經期有任何擔心，請去看醫生或到家庭生育計劃診所就診。

經期疼痛的處理

有些婦女在經期開始後一至兩天會有經期疼痛或痙攣。如果發生這種情況，服用布洛芬（ibuprofen）或撲熱息痛（paracetamol）藥片會有幫助。在疼痛的部位放上熱敷包或熱水袋，然後躺著，也會有幫助，您也可以去看醫生或到家庭生育計劃診所諮詢有關經期疼痛處理的更多建議。

經期的處理

女人經期來時，需要用衛生巾或衛生棉條吸住血液。衛生巾是由可吸收血液的軟材料制成的。衛生巾有固定膠條，可粘貼在內褲上，以幫助它固定在合適的位置上。衛生巾有不同的尺寸，如超級尺寸，用於經血較多的時候——通常是在月經開始時，以及常規尺寸——在一般時候使用。

有些婦女喜歡用衛生棉條，而不是衛生巾。

衛生棉條是用吸水材料做的小圓筒，女人可以將它放在陰道裏以吸收血液。

衛生棉條帶有絲線，這樣可以很容易地將它拉出。

您應該每天至少四次更換衛生巾和衛生棉條，如果您的經血很多，就要更換得更頻繁些。當您更換了衛生巾或衛生棉條後，用衛生紙將它包好，放在垃圾桶裏。不要放進馬桶裏，因為它們會堵住水管。

衛生

在更換衛生巾或衛生棉條之前和之後一定要洗手。經期來時，一定要定期進行淋浴或盆浴，這是很重要的。如果您願意，您也可以游泳，只要您戴著衛生棉條。

在哪裏可以購買衛生巾和衛生棉條？

您可以在藥房、超市或街頭小店購買衛生巾和衛生棉條。

欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

www.fpnsw.org.au | talkline 1300 658 886 | 書店

臨床服務及信息 | 教育培訓 | 科研 | 國際動態

新南威爾士州家庭生育計劃協會（Family Planning NSW）是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

Fact Sheet - English

MENSTRUATION (PERIODS) AND HOW YOU CAN MANAGE IT



What Is Menstruation?

Menstruation happens as part of the changes in a woman's body that prepare her uterus (womb) for pregnancy. Each month the lining of the uterus thickens with blood so that if she becomes pregnant the baby will be able to grow there. If the woman is not pregnant a thickened lining is not needed, so the blood flows out of her vagina over several days each month – this is called menstruation. In Australia, most women just say they are having their 'periods'.

When Does It Happen?

Most women have periods. Girls usually start having periods when they are between 9 and 16 years old. Women stop having periods when they are about

50 years old. Generally periods last for about three to seven days each month. Some women bleed a lot and others have light periods. Some have painful periods, and others don't have any pain. If you are worried about your periods, visit your doctor or Family Planning clinic.

Managing Period Pain

Some women get period pains or cramps for a day or two when their period starts. If this happens, taking ibuprofen or paracetamol tablets can help. Lying down with a heat pack or hot water bottle on the painful area can also help and you could also see your doctor or Family Planning clinic for more advice on how to manage painful periods.

Managing Periods

When a woman has a period she needs to use a sanitary pad or a tampon to catch the blood. Sanitary pads are made of a soft material that absorbs the blood. A pad has an adhesive strip that sticks inside underwear to help it stay in place. Pads come in different sizes such as super for heavy days – often at the beginning, and regular – for general use.

Some women like to use tampons instead of pads.

A tampon is a small cylinder of absorbent material that a woman can put in her vagina to soak up the blood.

A tampon has a string attached to it so that it can be pulled out easily.

You should change pads and tampons at least four times a day, or more often if you bleed a lot. When you change the pad or tampon, wrap it in toilet paper and put it in a bin. Never put pads or tampons down the toilet as they can block the plumbing.

Hygiene

Always wash your hands before and after changing pads or tampons. It is important to bathe or shower regularly when you have a period. You can swim as well if you want to, as long as you use a tampon.

Where Can You Get Pads And Tampons?

You can buy pads and tampons at a pharmacy, a supermarket, or a corner shop.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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