

MATTHEW S. COHEN, MD FAAP  
PATIENT INSTRUCTION SHEET

**DYSMENORRHEA**

This is the term that is used for painful menstruation. The symptoms of dysmenorrhea may include:

- Crampy abdominal pain
- Back pain
- Nausea and/or vomiting
- Diarrhea
- Headache

You can relieve or lessen the pain by taking:

α MOTRIN: Dose \_\_\_\_\_ every 6 hours.

**OR**

α ALEVE: Dose: \_\_\_\_\_ every 12 hours.

Motrin will work best if it is taken at the first sign of abdominal cramps.

If you have any questions, please call.