

## Management of Dysmenorrhea (Painful Periods)

- Students can attend the Health Care centre for administration of Naprogesic tablets x2.
- Heat will be applied to the abdominal area in the form of a hot water bottle
- Students will be allowed to rest in Health Centre for 15 minutes if required and then encouraged to return to class
- If the student does not feel capable of returning to class, then parents will be notified
- After consultation with parents, students have the option to:
  - \* go home with a parent
  - \* remain in health centre for a further 30 minutes and then return to class
  - \* return to class

*Information on dysmenorrhea can be obtained from your family doctor, pharmacist or the school nurse.*



## Analgesic Permission for Administration of Naprogesic

*Naprogesic {Naproxen Sodium 275mg} can be more effective than Panadol in treating the symptoms of dysmenorrhea. People who have asthma, a stomach disorder or are currently taking other medication should see their doctor before taking Naprogesic.*

Student Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Student Home Group: \_\_\_\_\_

- I give permission for my daughter to be given Naprogesic at school
- I **do not** give permission for my daughter to be given Naprogesic at school

*If your daughter takes another type of medication for period pain, please complete a separate medication form [available from the health care centre] and send the form and medication to the Health Care Centre.*

*Any Questions? Ring Annette McKernan or Wendy Langford [Mater Christi College Nurses] on 9757 0831 at the Health Care Centre.*

\_\_\_\_\_  
PARENT/ GUARDIAN NAME

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PARENT/ GUARDIAN SIGNATURE