

## Important Information for Ladies of Child Bearing Age

This short information sheet is being sent to all females of child bearing ages that intend to embark upon the journey of hajj or umrah.

The physical journey of the hajj involves lots of walking and exertion. It is both physically and mentally draining. In such situations, menstrual irregularities are common, in that bleeding may start sooner or later than expected. As the performance of tawaf is an essential component of hajj and umrah and cannot be performed by a woman who is menstruating, we would urge you to bear the following in mind:

1. We would strongly encourage you to see your GP to address this issue at the earliest opportunity and not leave it to just before you are due to depart on the journey.
2. Please emphasise to your medical practitioner that the aim of any prescribed medication is to stop menstrual bleeding completely, although we accept that this can never be 100% guaranteed.
3. It is worthwhile knowing from your GP whether your prescribed medication is a contraceptive or not.
4. Please discuss when and how often any prescribed drug should be taken.
5. Once a day medicines should ideally be taken at the same time each day.
6. Three times a day medicines should be spread equally, eight hours apart. During the days of your Pilgrimage rites, 0600, 1400 and 2200 hours may be timings worth considering.
7. If you feel your medication is failing, please do not complicate matters by changing doses and/or adding in other drugs without medical advice. Drugs can interact with other drugs.

During the hajj trip, if you have any concerns about any of these issues please consult the group doctor, or in case he is unavailable, your group leader who will then advise you accordingly. If you have concerns regarding how any of this may affect your Hajj and Umrah rites, please speak to the religious advisor who will advise you further. Once again we urge you to seek advice in a timely manner.