

My Diary

Since heavy bleeding can develop gradually, you may get used to it, or at least manage it. Often women do not realise that continuous heavy periods are a treatable medical condition (called menorrhagia). There are a number of treatment options available that can help give you back control of your life.

How to track

Tracking your periods

Use this **period diary** to help you and your doctor understand your periods and the symptoms you experience. Your doctor can then discuss potential treatment options with you.

Symptoms

Tiredness

If you experience extreme tiredness (fatigue), tick the box on the relevant day.

Blood loss

Heavy or strong flow during menstruation can cause blood to accumulate within the womb faster than the body can completely and properly expel it. When this happens blood pools and clots. If you experience a blood clot larger than a 10p coin and/or experience pooling/flooding, tick the box.

When do I need to change my sanitary products?



Light Flow

Changing sanitary products every **3-5 hours**



Medium Flow

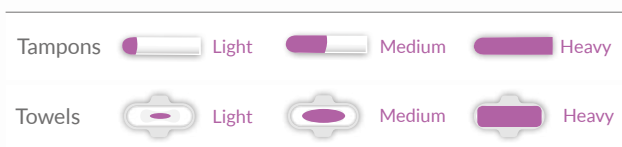
Changing sanitary products every **2-3 hours**



Heavy Flow

Changing sanitary products every **1-2 hours***

Flow Gauge



*Doubling up using multiple sanitary products at the same time.

1 in 5 women
SUFFER WITH
HEAVY PERIODS*

*Royal College of Obstetricians and Gynaecologists. National Heavy Menstrual Bleeding Audit (May 2011). Last accessed August 2017, available https://www.rcog.org.uk/globalassets/documents/guidelines/research-audit/nationalhmbaudit_1stannualreport_may2011.pdf

How to use this diary in 5 easy steps



Add the month



Tick the box that best describes your blood loss during the day – description opposite



If you experience any pain, rate your highest pain score over the day, according to the pain score chart on the next page



Add any additional information about symptoms you are feeling



Return to your GP when agreed for further advice on your best treatment options

Month 1

Month:

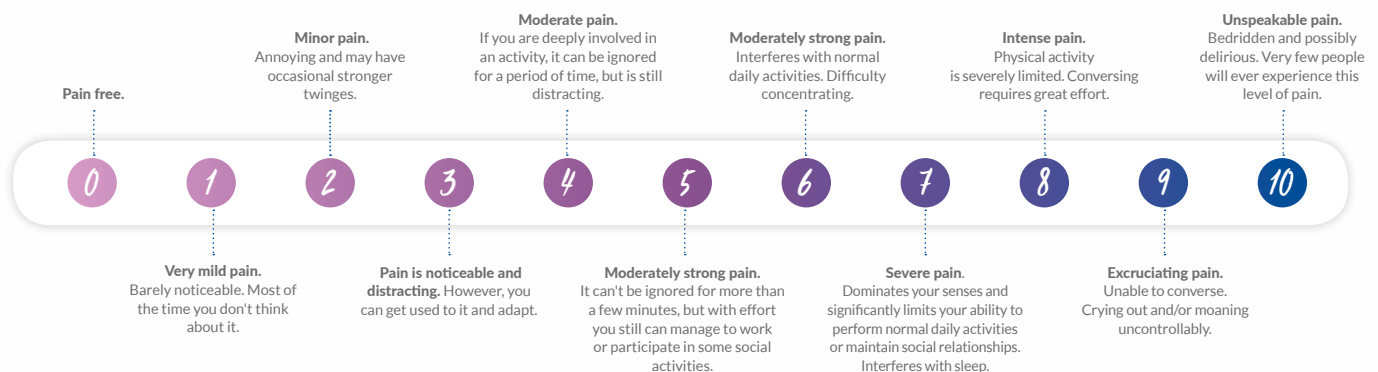
Days	e.g.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Flow	HEAVY																															
	MEDIUM	✓																														
	LIGHT																															
Symptoms	PAIN (0-10)	6																														
	CLOTS	✓																														
	TIREDFNESS	✓																														

Tick box to best describe your blood loss

Add your pain level from 1 to 10

Tick or rate your symptoms here

Pain score chart



Month 2

Month:

Days	e.g.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Flow	HEAVY																																
	MEDIUM	✓																															
	LIGHT																																
PAIN (0-10)																																	
		6																															
Symptoms	CLOTS	✓																															
	TIREDNESS	✓																															

Tick box to best describe your blood loss

Add your pain level from 1 to 10

Tick or rate your symptoms here

Month 3

Month:

Days	e.g.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Flow	HEAVY																																	
	MEDIUM	✓																																
	LIGHT																																	
PAIN (0-10)																																		
		6																																
Symptoms	CLOTS	✓																																
	TIREDNESS	✓																																

Tick box to best describe your blood loss

Add your pain level from 1 to 10

Tick or rate your symptoms here