



Using your diary to track menstrual blood loss




Use this menstrual diary to help your doctor understand the amount of blood loss you are experiencing. Your doctor can then advise the best treatment option for you.

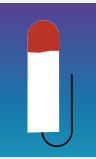

How to use this diary

1. Add the month
2. Add the day of that month above every column completed
3. Add the number of towels and/or tampons used during that day
4. Add any comments at the bottom of the page
5. Once completed return to your GP for further advice on your best treatment option

Period Diary

MONTH _____ YEAR _____ DATE OF BIRTH _____

| | 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 | | | |
|---------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Towels |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | 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 | | | |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Tampons |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | 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 | | |
|------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|
| Stolsels (x=j)a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spotting (x=j)a | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pijnscore | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

*pain score 0 = none 1 = mild 3 = serious