Female Health

Age when periods began:	Day 1 of your last period:	Age (if/when) periods ended:

Dates of pregnancies:	Dates of miscarriages or terminations:

Usual length of a cycle:	Cycle length variation in the last year:

Usual length of periods:	If you get 'spotting', when does it occur?

Have your cycles or periods changed recently?	

Premenstrual symptoms

Typical timeframe:

Do you get?		
○ Irritable	○ Tired	○ Breast pain
○ Vulnerable	○ More energy	○ Lumpy breasts
○ Weepy	○ Breast distension/heaviness	○ Lower abdominal pain
○ Clumsy	○ Headaches	○ Other symptoms
	○ Bloated	

Period pains

Location:	**Nature:**	
○ Lower abdomen	○ Fixed	○ Bloating
○ Lower back	○ In waves	○ Dull
○ Thighs	○ Cramping	○ Sharp
○ Elsewhere	○ Stabbing	○ Dragging

Better/Worse

Are pains eased by:	**Are pains worse with:**
○ Heat	○ Cold
○ Resting	○ Resting
○ Moving	○ Moving
○ Pressure	○ Pressure
○ Painkillers	○ Stress

The Period

Menstrual blood changes in colour, quantity and thickness

Day	Quantity: light-heavy (1-5)	Colour: bright/ normal/dark red	Clot sizes: 5p, 20p, 50p, ++, stringy	Consistency: watery/thin/thick	Pain: (0-5)
1					
2					
3					
4					
5					
6					
7+					

Ovulation pain	**Mucus/discharges:**
○ Minor/none	○ Thin/watery
○ Dull	○ Creamy
○ Dragging	○ Yellow/green/brown
○ Sharp	○ Causes discomfort
○ Heavy	○ Other problems