

Shenandoah Women's HealthCare







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Bleeding Assessment Chart

This Bleeding Assessment Diary will allow you to track your bleeding. After recording the information, take the diary with you when visit your health care provider.

If you think you're suffering from abnormally heavy uterine bleeding, it's helpful to know as much about the bleeding pattern as possible. Details about how heavy the bleeding is, how long it lasts, and when it occurs in your monthly cycle can help your doctor decide upon the best tests and treatments. It's also important for her or him to know whether the bleeding is accompanied by pain or other symptoms.

A simple diary will allow you to track your bleeding quickly and easily. Here is an illustration of how such a diary works.

Day of Month	PAD				TAMPON				Degree of Premenstrual and Menstrual Pain (0-4)
				Clots/ Flooding				Clots/ Flooding	
1			/			///	//		2
2		/			//	///	/		1
3		/			//	////			0

The dates of the month are listed along the side. Along the top are:

- Three pictures of sanitary pads and three pictures of tampons. The pictures indicate the amount of blood staining on a pad or a tampon. Underneath the appropriate picture(s) and across from the correct date, make a mark for each pad or tampon you use that has bloodstaining that is similar to what is shown in the picture.
- The chart also includes a box in which you can indicate whether you had clots or flooding.
- Another box allows you to record the degree of premenstrual and menstrual pain, on a scale of 0 to 4 (0 = no pain, 1 = minimal discomfort, 2 = mild pain, 3 = moderate uncomfortable pain, 4 = severe pain).
- If you did not have any bleeding during the month, note it on the chart and discuss it with your doctor.

This Bleeding Assessment Diary is a means for you and your personal healthcare provider to determine what management step should be taken.

Before acting upon any of the information presented, you should consult with your personal healthcare provider. These questions are intended to help you formulate your own questions.

1. My period has always been light, but the past few months it has become heavier. I have been keeping a diary the last two months. Even though my score is less than that which is considered excessive, can prolonged staining be a problem?
2. Through keeping a bleeding diary, I have discovered that it is normal for me to score in a range, which is considered excessive bleeding. Could this just be normal or should I be concerned?
3. I have been keeping a bleeding diary the past several months. Often I have one real heavy day in my period. Do I need treatment?

