


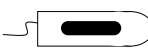
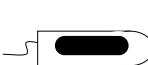
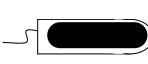


Pictorial Blood Loss Chart

Name: _____

Day of period/bleed	example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Towel											
		—									
		==									
Tampon											
		==									
											
Clots?	1 x 50p										
Flooding?											

- The chart helps your doctor to get an idea as to how heavy your period is.
- Each time you change a tampon or towel, place a mark in the column against the picture which most closely resembles your tampon or towel. (Some women use tampons, some use towels and some use both when the period is heavy.)
- If you have a clot, mark roughly how large it is using coins as a guide. For example, the size of a 1p, 2p, or 50p coin.
- Flooding means you have blood flow enough to stain your underwear (or worse) despite using a tampon, towel or both. If you have any flooding, place a mark in the flooding section.