

Assessing heavy periods







This handout provides a pictorial blood assessment chart for adolescents to fill in to semi-quantify the amount of blood loss per menstrual cycle.

Prepared by Dr Dennie, Paediatric and Adolescent Gynaecology Fellow at the Royal Children's Hospital in Melbourne; and Dr Grover, Director of the Department of Paediatric and Adolescent Gynaecology at the Royal Children's Hospital and Associate Professor in the Department of Paediatrics at Melbourne University, Melbourne, Vic.

The pictorial blood assessment chart is a semi-objective way of quantifying the amount of blood loss per menstrual cycle by recording the number and saturation of sanitary pads or tampons.

Each row of the pictorial blood assessment chart (on the next page) represents a day of the month. Start using the chart on the 1st day of any given month. Count the number of sanitary pads and/or tampons you use each day (over 24 hours) for one month, indicating the amount of saturation. Calculate a score for each day using the scoring system below, then add up the score at the end of the month.

Scoring system

Pads			Tampons			Clots/flooding	
1 point	For each lightly stained pad		1 point	For each lightly stained tampon		1 point	For each small clot (closer to the size of an Australian 5 cent coin)
5 points	For each moderately stained pad		5 points	For each moderately stained tampon		5 points	For each large clot (closer to the size of an Australian 50 cent coin)
20 points	For each completely saturated pad		10 points	For each completely saturated tampon		5 points	For each episode of flooding

Guidance

What to do if you have:

Bleeding between periods: If you also experience bleeding between periods that requires sanitary protection, please record this on the relevant days.

Double protection: If you use both a pad and a tampon at the same time and both sanitary items are stained with blood, please include both sanitary items on the assessment chart.

Clots: If you pass clots, please indicate this on the relevant days and the approximate size (i.e. closer to an Australian 5 cent or 50 cent piece).

Flooding: If you experience any episodes of flooding/overflowing/staining of clothing/underwear, please indicate the number of episodes on the relevant days.



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The pictorial blood assessment chart

Name: _____ Month: _____

Date	Pads			Tampons			Clots		Flooding	Score
	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (20 pts each)	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (10 pts each)	5 cent size (1 pt each)	50 cent size (5 pts each)		
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