

Menstrual Assessment Chart

Date of start _____

Day	1	2	3	4	5	6	7	8	9	10	11	12
Pads												
Lightly soaked 												
Moderately soaked 												
Heavily soaked 												
Clots (small or large)												
Tampons												
Lightly soaked 												
Moderately soaked 												
Heavily soaked 												
Clots (small or large)												
Score												

Total score: _____

Source: Jenny M. HIGHAM, P. M. S. O'BRIEN, R.W. SHAW, Assessment of menstrual blood loss using a pictorial chart, *British Journal of Obstetrics and Gynaecology*, August 1990, Vol. 97, pp. 734-739

Directions

Keep a tally of the number of pads or tampons you use each day of your cycle and their level of saturation. Also take note of clots or overflow. Clots >1 cm in size are considered large.

Scoring

Pads (score per pad)

Lightly soaked: 1 point

Moderately soaked: 5 points

Heavily soaked: 20 points

Tampons (score per tampon)

Lightly soaked: 1 point

Moderately soaked: 5 points

Heavily soaked: 10 points

Clots

Small: 1 point

Large: 5 points

INTERPRETATION

A score of ≥ 100 points indicates probable menorrhagia.

Contact your doctor or the nearest bleeding disorder treatment centre if you are concerned about your menstrual bleeding.

(www.hemophilia.ca/en/treatment-centres)