


## Blood loss assessment chart

Sometimes it's hard to know how much you bleed during a menstrual period. To determine how heavy your period is, you have been given a blood loss assessment chart to fill in.

1. Start filling in the pain chart the day before the first day of your menstrual period.
2. Note the number of sanitary towels and/or tampons used per day by writing a dash for each tampon/sanitary towel in the box under the picture that best illustrates how saturated with blood the tampon/sanitary towel is.
3. There are also columns to report the number of blood clots passed and the number of times you bleed through your sanitary protection per day. Write dashes to indicate the number of blood clots passed/times you bleed through your sanitary protection per day.
4. In the last column, you write whether you have experienced pain due to menstruation during the day. Indicate the intensity of the pain by drawing an X on the line.

The first row on the blood loss assessment chart is an example of how to fill it in.

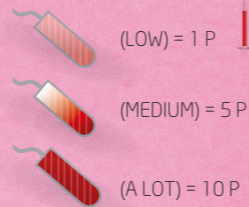
## BLOOD LOSS ASSESSMENT CHART



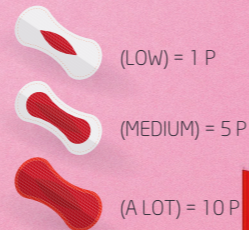
Date	Tampon			Sanitary towel			Blood clots beside sanitary protection	Bleeding through sanitary protection	Pain
	LOW	MEDIUM	A LOT	LOW	MEDIUM	A LOT			
EXAMPLE Day "1" date									NO PAIN :-----X----- WORST IMAGINABLE
Day before menstruation									NO PAIN :----- WORST IMAGINABLE
Day 1									NO PAIN :----- WORST IMAGINABLE
Day 2									NO PAIN :----- WORST IMAGINABLE
Day 3									NO PAIN :----- WORST IMAGINABLE
Day 4									NO PAIN :----- WORST IMAGINABLE
Day 5									NO PAIN :----- WORST IMAGINABLE
Day 6									NO PAIN :----- WORST IMAGINABLE
Day 7									NO PAIN :----- WORST IMAGINABLE
Day 8									NO PAIN :----- WORST IMAGINABLE
Day 9									NO PAIN :----- WORST IMAGINABLE
Day 10									NO PAIN :----- WORST IMAGINABLE
Day 11									NO PAIN :----- WORST IMAGINABLE
Day 12									NO PAIN :----- WORST IMAGINABLE
Day 13									NO PAIN :----- WORST IMAGINABLE
Day 14									NO PAIN :----- WORST IMAGINABLE
Day 15									NO PAIN :----- WORST IMAGINABLE
Day 16									NO PAIN :----- WORST IMAGINABLE
Day 17									NO PAIN :----- WORST IMAGINABLE

### CALCULATION OF POINTS

Tampon:



Sanitary towel:



Add up the points during menstruation.

Over 100 points is considered a heavy period (menorrhagia)