





Menstruation evaluation grid

Menstruation day tampon towel	1	2	3	4	5	6	7	8	Total
Slightly soaked 									
Moderately soaked 									
Heavily soaked 									
very soaked 									
Small clots <=1cm									
Large clots >1cm.									

Instructions: Keep a count of the number of pads or tampons you use each day of your menstrual cycle and how full they are. Please also consider clots. Clots larger than 1cm in size are considered important. total each item at the end of the table before the consultation