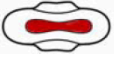







Menstrual Assessment Chart

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

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