

Date of start:_____

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

Total score:_____

Interpretation: Greater than or equal to 100 points indicates heavy menstrual bleeding as it is equivalent to more than 80 ml of blood lost per cycle.

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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