










YOUR
DIARY









Month:		Insert dates							
		Insert number of pads or tampons used each day							
towels	 Light								
	 Medium								
	 Heavy								
tampons	 Light								
	 Medium								
	 Heavy								
	Clots/Flooding								

Comments:

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Comments:

USING YOUR DIARY TO TRACK MENSTRUAL BLOOD LOSS

Use this menstrual diary to help your doctor understand the amount of blood loss you are experiencing. Your doctor can then advise the best treatment option for you.

HOW TO USE THIS DIARY:

1. Add the month
2. Add the day of that month above every column completed
3. Add the number of pads and/or tampons used during that day
4. Add any comments at the bottom of the page
5. Once completed return to your GP for further advice on your best treatment option