







# Menstrual Assessment Chart

Date of start \_\_\_\_\_

Day	1	2	3	4	5	6	7	8	9	10	11	12
<b>Pads</b>												
Lightly soaked 												
Moderately soaked 												
Heavily soaked 												
Clots (small or large)												
<b>Tampons</b>												
Lightly soaked 												
Moderately soaked 												
Heavily soaked 												
Clots (small or large)												
<b>Score</b>												

Total score: \_\_\_\_\_

### Directions

Keep a tally of the number of pads or tampons you use each day of your cycle and their level of saturation. Also take note of clots or overflow. Clots >1 cm in size are considered large.

### 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

### INTERPRETATION

**A score of  $\geq 100$  points indicates probable menorrhagia.**

**Contact your doctor or the nearest bleeding disorder treatment centre if you are concerned about your menstrual bleeding.**

**([www.hemophilia.ca/en/treatment-centres](http://www.hemophilia.ca/en/treatment-centres))**

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