Healthcare Diary

Before visiting with your healthcare provider, it may be helpful to keep a health diary for a month or two. This will help you discuss with your healthcare provider the next steps to take.

When did your symptoms begin?__________________________________________

What led to these symptoms?_____________________________________________

Make note of your energy level. When was it high?___________________________
When was it low?_________________________________________________________

Have you had nose bleeds that lasted longer than 10 minutes?  □ YES   □ NO
How often?______________________________________________________________

How old were you when you had your first period?___________________________

How many days do you have between the start of one period and the start of the next one?______________________________

Do you have periods that last longer than 7 days? □ YES      □ NO  How many days total?________

How many days do you consider your period to be heavy?____________________

How often do you have to change your pads or tampons?_____________________

Do you have to double up on pads and/or tampons, especially at night? □ YES      □ NO

Do you experience pain during your periods? □ YES      □ NO
What makes them feel better?______________________________________________
What makes them worse?__________________________________________________

Do your symptoms interfere with your daily life? □ YES      □ NO

Do any of the girls or women in your family have heavy periods? □ YES      □ NO      □ DON’T KNOW

Has anyone in your family had similar bleeding symptoms? □ YES      □ NO      □ DON’T KNOW

Has anyone in your family been diagnosed with a bleeding disorder, such as von Willebrand disease or hemophilia? □ YES      □ NO      □ DON’T KNOW

List any prescription or nonprescription medicines you are currently taking.