

Name: \_\_\_\_\_

Date: \_\_/\_\_/\_\_

<b>MENSTRUAL HISTORY</b>				
Date of the FIRST DAY of your LAST MENSTRUAL PERIOD:				
Age of first period:				
Are your periods currently regular?		<input type="checkbox"/> Yes <input type="checkbox"/> No		
How many days are there between periods?				
How long do you bleed for?				
How many days is your bleeding heavy?				
How long have you been trying to conceive?				
Have you had previous fertility treatments? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, please explain more:		
Are you taking any fertility medications? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, please explain more		
<b>Have you ever been diagnosed with (check):</b>				
		Polycystic Ovary Syndrome (PCOS)		
		Ovarian Cysts		
		Endometriosis		
		Uterine Fibroids		
		Pelvic Adhesions		
		Pelvic or Uterine abnormalities		
		HPV or genital warts		
		Genital herpes		
		Pelvic Inflammatory Disease (PID)		
<b>Previous pregnancies:</b>				
Total:	Live births:	Ectopic:	Miscarriages:	Abortions:
<b>Blood work:</b>				
Have you had your thyroid tested? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Have you had any other blood work done related to your fertility? <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>** PLEASE BRING ANY BLOOD WORK OR OTHER PERTINENT INFO TO YOUR APPOINTMENT!</b>				

**Please check all that apply:**

	Low back pain	Cold feet, especially at night	Often fatigued	Very light periods, or late periods
	Knee problems	Generally colder body temp	Poor appetite	Dry, flaky skin
	Ringing in the ears	Low libido	Lower energy after meal	Prone to chapped lips
	Premature greying hair	Often fearful	Bloated after eating	Brittle finger or toes nails
	Vaginal dryness	Waking to urinate at night/early am	Crave sweets	Losing hair
	Dark circle under eyes	Frequent urination	Loose stools, abdominal pain or digestive issues	Dry or brittle hair
	Night sweats	Loose and/or urgent stools	Cold hands and feet	Diminished nighttime vision
	Hot flashes	Profuse vaginal discharge	Cold nose	Dizziness or light headedness around period
		Heat feels good with menstrual cramps	Prone to feeling heavy/sluggish	
	Brown menstrual flow		Prone to heaviness or grogginess in the head	Wake early and have difficulty getting back to sleep
	Pain around ovulation	Prone to emotional depression	Easily bruise	Heart palpitations, especially when anxious
	Painful, lumpy breasts	Prone to anger	Poor circulation	Nightmares
	Numbness in your hands and feet	Prone to premenstrual irritability	Varicose veins	Prone to agitation or extreme agitation
	Varicose/spider veins	Feel bloated or irritable around ovulation	Reluctant to exercise	Do you fidget?
	Chronic hemorrhoids	Sensitive/sore breasts at ovulation	Prone to worry	
	Clots in your menstrual blood	Nipple pain	Diagnosed with low blood pressure	Mouth and throat feels unusually dry
	Endometriosis or uterine fibroids	Premenstrual breast distention or pain	Dizziness or lightheaded when you stand fast	Thirst for cold drinks most of the time
	Tender lower abdomen	Premenstrual bloating	Thin, watery menstruation	Often feel warmer than those around you
	Piercing or stabbing menstrual cramps	Difficulty falling asleep at night	More tired around ovulation or menses	Wake sweating or have hot flashes
		Experience heartburn or have a bitter taste in the mouth	Spotting before your period	Prone to break outs with red acne
	Feel tired or sluggish after a meal	Painful menses	Diagnosed with uterine prolapse	Short menstrual cycle
	Fibrocystic breasts	Thick, dark, purplish menstrual blood	Menstrual cramps that feel like bearing down	Vaginal irritation or rashes
	Cystic or pustular acne	Sl. constipated before and sl. loose bowels during menses	Low immune system/allergies	
	Urgent or foul smelling stools		Hypothyroidism/Anemia	
	Menstrual blood with stringy tissue or mucus			