

Women's health questionnaire

Menstrual health

Please fill this out as completely as you can - we can gather a lot of information about your overall health from your menstrual patterns, so go ahead and tell us as much as you can!

Are your periods painful? Yes No Sometimes For how long?

Please describe the pain - crampy, stabbing, dull, throbbing or a sensation of heaviness?

When in the cycle does the pain usually occur? (before the period starts, only at the beginning, all the time you bleed, at the end?)

How many days do you bleed?

How heavy would you say your bleeding is?

Do you ever get faint during your bleeding? Yes No Sometimes

Do you ever get headaches during your period or around the time of menstruation? If so, when do they occur and what are they like?

Do you ever get spots in front of your eyes around the time of menstruation? Yes No Sometimes

Do your bowel movements ever change around menstruation? Please describe the changes:

Do you ever get symptoms of premenstrual tension? If so, what are your symptoms?

Do you ever have breast swelling or tenderness around your period? Yes No Sometimes

Do you have fibrocystic breasts? (lumps in your breasts that come and go according to your hormonal balances) Yes No

How long is your menstrual cycle? Does this vary?

Do you ever notice clots in your menstrual blood? Yes No Sometimes

Do you ever cramp during ovulation? Yes No Sometimes

Do you get low back pain around your period? Yes No Sometimes

Have you ever been diagnosed with endometriosis or PCOS (polycystic ovary syndrome)? Yes No

Contraception and sexual health

Do you currently use contraception? Yes No

What method(s) of contraception do you use?

Number of pregnancies

Number of abortions

Number of miscarriages

Number of D&C's

Are you currently going through menopause? Yes No Maybe

If you are or think you might be, please list your symptoms

Has your libido changed recently? How?

Do you ever experience vaginal dryness? Yes No Sometimes

Are you taking any supplements or medications to help with menopausal symptoms? If so, please list: