



Gynaecology

Premenstrual tension and period assessment chart

January 2011

To Provide High Quality Healthcare to be Proud of

Menstrual Diary Start Date _____



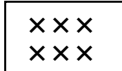
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	SAMPLE
1													
2													
3													B
4													
5													
6													
7													B
8													B
9													B
10													B
11													B P H
12													B P
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27													
28													H
29													
30													
31													

Keeping a chart

This chart must be filled in daily to be of any value.

A chart will then accurately reflect your symptoms and will show the days on which they occur, the days they are absent, the days of menstruation and the duration of the cycle. A symbol can be chosen for you two or three worst symptoms and used to record them on the chart. For example:

- H = Headache B = Bloating P = Pain
- Menstrual bleeding, if any can be recorded by shading in the box for the day as shown below.
You shade a day for any day when bleeding occurs.

EXAMPLE  Normal bleeding  Spotting  Heavy Loss

- The chart can also be used to record when you have sexual intercourse or anything else you or your clinician wishes..

The chart should be completed for at least 3 months and then can be used during consultations to reflect the symptoms you have experienced/ benefit or otherwise from treatment.

Useful numbers

Gynaecology Outpatients

Women and Children's Hospital,

01482 607893

Women's Health Outpatients

Castle Hill Hospital,

01482 624029

Useful information

The National Association of Premenstrual Syndrome

0870 7772177

www.pms.org.uk

www.womans-health.co.uk

Information about you

As part of your care, when you come to the hospital, information about you is shared between members of a health care team, some of whom you may not meet. It may be used to help train any staff involved in your care. Information we collect may also be used after you have been treated to help us to maintain and improve the quality of our care, to plan services, or to research into new developments.

We may pass on information to other health organisations to help improve the quality of care provided by the NHS generally.

All information is treated as strictly confidential, and is not given to anyone who does not need it. If you have any concerns please ask your doctor, or the person caring for you.

Under the Data Protection Act (1998), Hull and East Yorkshire Hospital Trust is responsible for maintaining the confidentiality of any information we hold on you.

This leaflet was produced by the Gynaecology Team at Hull and East Yorkshire Hospitals NHS Trust www.hey.nhs.uk and will be reviewed in December 2013

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