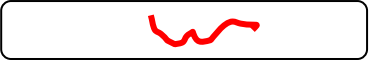




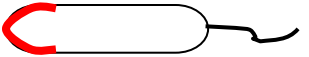


The Royal Women's Hospital
Clinical Practice Guideline

Women's Health Nurse Practitioner Assessment: Abnormal Vaginal Bleeding

HEAVY BLEEDING CHART

Instructions: Please enter score for each pad or tampon.

	DATE								
SCORE	PADS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
1		<i>e.g.</i> 6 X 1 PADS = 6							
5									
20									

SCORE	TAMPONS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
1									
5									
20									

DAILY SCORE									

TOTAL SCORE (Note: doctor or nurse practitioner to complete)	

Note: if score is >185, then likelihood of menstrual blood loss \geq 80mL/cycle is increased.

Reference: Janssen, CA et al: A simple visual assessment technique to discriminate between menorrhagia and normal menstrual loss. *Obstetrics and Gynaecology* 85:977-982, 1995.

Revised and updated: 13 August 2009