Patient Name:_____ Date:_____

Documenting Bleeding: The Menstrual Calendar

Instructions for the Patient:

Menstrual Cycle Length:

- Instruct patients on what is normal.
- Determine a cycle's length by counting the number of days from the first day of menstrual flow (not the last) to the first day of the next menstrual flow.
- The first day of menstrual flow is defined as cycle day No. 1.

Amount of Bleeding:

- S = Spotting
- B = Bleeding
- H = Heavy Flow (passing clots or soaking through a pad or tampon every 2 hrs or less)

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
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