



## Health Care Diary

Before visiting with your healthcare provider, it may be helpful to keep a health diary for a month or two. This will help you and your healthcare provider in discussing what steps to take next.

When did your symptoms begin? \_\_\_\_\_

What lead to these symptoms? \_\_\_\_\_

Make note of your energy level. When was it high? \_\_\_\_\_

When was it low? \_\_\_\_\_

Have you had nose bleeds that lasted longer than 10 minutes?  YES  NO

How often? \_\_\_\_\_

How old were you when you had your first period? \_\_\_\_\_

How many days do you have between the start of one period and the start of the next one? \_\_\_\_\_

How many days does your period last? \_\_\_\_\_

How many days do you consider your period to be heavy? \_\_\_\_\_

How often do you have to change your pads or tampons? \_\_\_\_\_

Do you have to double up on pads and/or tampons, especially at night?  YES  NO

Do you experience pain during your periods?  YES  NO

What makes them feel better? \_\_\_\_\_

What makes them worse? \_\_\_\_\_

Do your symptoms interfere with your daily life?  YES  NO

Do any of the girls or women in your family have heavy periods?  YES  NO

Has anyone in your family had similar bleeding symptoms?  YES  NO

Has anyone in your family been diagnosed with a bleeding disorder, such as von Willebrand disease or hemophilia?  YES  NO

List any prescription or nonprescription medications you are currently taking.

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