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)

Enter appropriate letter in proper calendar day.  S = Spotting  B= Bleeding  H = Heavy