







Using a period blood loss chart helps your doctor to get an idea as to how heavy your period is. Use a new chart for each period.

Date of first day of period

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Towel	Example										
											
	I										
	II										
Tampon											
											
	I										
	III										
Clots?	1 x 50p										
Flooding?											

- Each time you change a tampon or towel, place a mark in the column against the picture which most closely resembles your tampon or towel. (Some women use tampons, some use towels and some use both when the period is heavy.)
- If you have a clot, mark roughly how large it is using different coins as a guide.
- Flooding means you have blood flow enough to stain your underwear (or worse) despite using a tampon, towel or both. If you have any flooding, place a mark in the flooding section.
- The example shows a woman who over one day had five heavily blood-soaked tampons, one moderately blood-soaked tampon, one heavily blood-soaked towel, one moderately blood-soaked towel, and one clot the size of a 50p coin.