

BLOOD LOSS ASSESSMENT CHART



Date	Tampon			Sanitary towel			Blood clots beside sanitary protection	Bleeding through sanitary protection	Pain
	LOW	MEDIUM	A LOT	LOW	MEDIUM	A LOT			
EXAMPLE Day "r" date									NO PAIN X WORST IMAGINABLE
Day before menstruation									NO PAIN WORST IMAGINABLE
Day 1									NO PAIN WORST IMAGINABLE
Day 2									NO PAIN WORST IMAGINABLE
Day 3									NO PAIN WORST IMAGINABLE
Day 4									NO PAIN WORST IMAGINABLE
Day 5									NO PAIN WORST IMAGINABLE
Day 6									NO PAIN WORST IMAGINABLE
Day 7									NO PAIN WORST IMAGINABLE
Day 8									NO PAIN WORST IMAGINABLE
Day 9									NO PAIN WORST IMAGINABLE
Day 10									NO PAIN WORST IMAGINABLE
Day 11									NO PAIN WORST IMAGINABLE
Day 12									NO PAIN WORST IMAGINABLE
Day 13									NO PAIN WORST IMAGINABLE
Day 14									NO PAIN WORST IMAGINABLE
Day 15									NO PAIN WORST IMAGINABLE
Day 16									NO PAIN WORST IMAGINABLE
Day 17									NO PAIN WORST IMAGINABLE

CALCULATION OF POINTS

Tampon:



(LOW) = 1 P

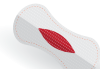


(MEDIUM) = 5 P



(A LOT) = 10 P

Sanitary towel:



(LOW) = 1 P



(MEDIUM) = 5 P



(A LOT) = 10 P

Add up the points during menstruation.

Over 100 points is considered a heavy period (menorrhagia)