

Diagnosis Form

Name: _____

Date: _____

Menstruation:

Menarche: _____ y/o. (Before 13 y/o or after 16 y/o)

Cycle: _____ days (More than 7 days early or more than 7 day late)

Period: _____ days (More than 7 days or less than 3 days)

Color: Light red; Bright red; Dark red; Very dark red; Purple red; Brown red

Flow: _____

Good flow: _____ days

Amount: Heavy loss; Normal loss (30-80ml); Scanty loss

Clots: yes no. If yes, in which day of your period: _____

Consistency of clots:

1. Clotted, with dark, dull clots
2. Clotted, with dark but fresh-looking clots
3. Large clots
4. Small dark clots, but blood not dark
5. Watery

Menstrual pain:

1. Pain before the period
2. Pain during the period
3. Pain after the period
4. Severe, stabbing pain
5. Severe, cramping pain, eased by heat pad
6. Mild pain
7. Dragging feeling in the lower abdomen with mild pain
8. Feeling of heaviness in the lower abdomen
9. Pain on ovulation

Ovulation signs: egg-white string cervix mucus _____, spotting _____,
others _____

PMS:

Irritability, depression, tendency to crying,
Breast tenderness or breast very swollen and painful
Nausea or vomiting before the period
Retention of water with edema before the period

Other symptoms:

Headaches: before, during or after the period,
Constipation: before, during or after the period
Insomnia: during or after the period
Diarrhea: after the period

Pain:

1. Below umbilicus, in central area of the lower abdomen
2. Below umbilicus, in the lateral sides of the abdomen
3. Dull ache
4. Sharp pain
5. Pain that is relieved by pressure or massage
6. Pain that is aggravated by pressure or massage
7. Stabbing pain
8. Cramping, spastic pain
9. Pain with feeling of heaviness
10. Aching with a dragging-down feeling
11. Abdominal pain extending to the back
12. Lower backache extending to the front
13. Lower abdominal pain radiating to back
14. Umbilical pain along a line with backache radiating to the thighs
15. Unilateral abdominal pain with distension and feeling of masses
16. Lower abdominal pain with a sense of energy rising toward to the chest and a feeling of tightness there

Vaginal discharge:

Color: White, Yellow, Greenish, Red and white, Yellow red
with white pus.

Consistency: Watery, Thick

Smell: Fishy, Leathery

Symptoms doing pregnancy:

Vomiting during pregnancy

Edema during pregnancy

Childbirth:

Nausea and heavy bleeding after labor

Sweating and fever after labor

Post-natal depression

Post-natal psychosis

Miscarriage or abortion: How many times & when _____ (before or after 3 months)