

Name:  
Date of Service:  
Date of Birth:  
ID#:



women's health connection  
gynecology • infertility • urogynecology  
(509) 465-8885  
whconnection.com  
northpointe professional center  
9425 north nevada, suite 300  
spokane, wa 99218

## Heavy Periods – Medical History

When did the problem start?

What were periods like before the problem started?

Lasted \_\_\_\_ days, periods occurred every \_\_\_\_ weeks  
Discomfort? \_\_\_\_ mild      \_\_\_\_ moderate      \_\_\_\_ severe

Did the problem start suddenly or gradually?

Are your periods regular?

If yes, how often do they occur, and how long do they last at the present time?

If no, how many periods do you usually have in a year? Please describe what the pattern of bleeding has been in the last 6 months? Has that been a change for you?

Is there any chance (however remote) that you might be pregnant right now?

Is the problem with your heavy periods fairly severe?

\_\_\_\_ saturating through pad or tampon every hour or more often for more than a few hours at a time  
\_\_\_\_ up at night changing protection  
\_\_\_\_ stay home/ avoid social activities when period is occurring  
\_\_\_\_ passing clots (if so, \_\_\_\_ dime sized      \_\_\_\_ plum sized      \_\_\_\_ larger)  
\_\_\_\_ need to take a change of clothes with you when you leave house  
\_\_\_\_ anemia/ low iron (if so, are you on iron supplements? \_\_\_\_ yes      \_\_\_\_ no)  
\_\_\_\_ interfering with job, relationship with spouse, exercise  
\_\_\_\_ other:

How many pregnancies have you had? How many deliveries?

What have you tried to relieve the problem?

- taking oral contraceptives or other hormones (such as Nuvaring)
- taking oral progesterone (Provera, Prometrium) or injectable (Depo-Provera)
- Ibuprofen, Aleve, Pamprin, or Naprosyn/Anaprox
- Mirena IUD
- ablation (if so, when \_\_\_\_\_ and by whom? \_\_\_\_\_)
- have not tried any of these

Do you have a form of permanent birth control in place?

- Yes (  tubal ligation or  husband/partner's vasectomy)
- No (Are you planning to have children in the future?  Yes  No)

Do you have lower abdominal crampy pain with your periods?

- No
- Yes

If yes, how severe on a 0-10 pain scale? \_\_\_\_\_ out of 10

Does it start at the same time as your periods or prior to your periods?

If it starts before, how many days before?

Does the pain radiate into your back?

What relieves this discomfort?

What makes it worse?

Do you have bowel problems (diarrhea, more gas) or bladder problems (urgency, frequency, leaking) around the time of your period?

Do you have PMS/ mood changes around the time of your period? If so, are they mild or fairly severe?

Have you had any abnormal PAPs in the past? If so, please describe...

Has your thyroid been checked (blood test) within the last year?

Do you have uterine fibroids?

Have you had a pelvic ultrasound in the last year?

Have you ever had a pelvic infection? If so, when and how treated?

Has your uterine lining been sampled in the last year, or since this problem started?

Do you have any bleeding problems (easy bruising, bleeding after injury or operations or trauma)?

Do you have pain with intercourse or bleeding with intercourse?

Have you gained weight in the last year? If so, how much?

Have you or anyone in your family been diagnosed with Type 2 diabetes or with insulin resistance?

What else would you like to ask or tell us about your heavy periods?