



Menometrorrhagia

Excessive uterine bleeding, both,
during normal menstruation and
inbetween cycles

Symptom Diary and reporting form (please save onto your device to enable completion and saving of the diary)

Please monitor for the symptoms in each category and select the frequency of occurrence

Other changes in Uterine bleeding menstruation		Frequency of occurrence
MM1	Menorrhagia	
MM2	Oligomenorrhea	
MM3	Post coital bleeding	
MM4	Dysmenorrhea	

Other changes in bleeding		Frequency of occurrence
MM5	Nosebleeds	
MM6	Bleeding gums	
MM7	Persistent bleeding after tissue injury	
MM8	Blood in faeces	
MM9	Blood in urine	

Pain & its location		Frequency of occurrence
MM10	Bowel	
MM11	Pelvic	
MM12	Abdominal	
MM13	Back	
MM14	chest	
MM15	Muscle	
MM16	Joint	
MM17	When urinating	
MM18	During sex	

Energy and mobility		Frequency of occurrence
MM19	Fatigue	
MM20	Muscle weakness	
MM21	Joint hyperflexibility	
MM22	Joint swelling	
MM23	Joint dislocation	

Dietary		Frequency of occurrence
MM24	Nausea	
MM25	Vomiting	
MM26	Weight loss	
MM27	Difficulty swallowing	
MM28	Painful bowel movements	
MM29	Constipation	
MM30	Diarrhea	
MM31	Bloating	
MM32	Acid reflux	
MM33	Loss of appetite	
MM34	Weight loss	
MM35	Severe weight loss	

Skin		Frequency of occurrence
MM36	Easy bruising	
MM37	Jaundice	
MM38	Itchy skin	
MM39	Anemia	
MM40	Poor wound healing	
MM41	Hyperextensible skin	
MM42	Skin going blue	
MM43	Thin skin	

Sensory		Frequency of occurrence
MM44	Headache	
MM45	Migraine	
MM46	Difficulty breathing	
MM47	Loss of breathing while sleeping	
MM48	Rapid eye movements	
MM49	Cataracts	
MM50	Myopia	

Sensitive topics		Has it happened?
MM51	Spontaneous abortion	
MM52	Prolapse	

Other conditions		Have you been diagnosed with?
MM53	Heart disease	
MM54	Diabetes	

To obtain an Ob/Gyn nurse assessment and recommendation of next steps, please insert your patient code in the box below before sending to us.

Please type in your patient code below

If you do not have a patient code used to keep your identity totally confidential, please register at the link below:

Get your patient code

How to send us your form

Whatsapp: 00 34 6 24 75 19 61

Email: info@naijfem.com

Online: Please submit your form here

If you would like an Ob/Gyn Nurse assessment

The diary assessment costs 1,500 Naira

Payment should made using Revolut, through our Revtag: @mirare_tj_96w3

Please indicate your patient code in the payment advice so we can track and confirm its reception

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