



# Post coital bleeding

Bleeding after sexual intercourse  
(PLEASE REPORT THIS  
IMMEDIATELY)

## 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

<b>Other changes in Uterine bleeding menstruation</b>		<b>Frequency of occurrence</b>
PC1	Menorrhagia	
PC2	Metrorrhagia	
PC3	Postmenopausal bleeding	
PC4	Dysmenorrhea	

<b>Pain &amp; its location</b>		<b>Frequency of occurrence</b>
PC5	Bodily pain	
PC6	Pelvic pain	
PC7	Lower abdominal tenderness	
PC8	Tenderness when rotating hips	
PC9	Acute pain (back or abdomen)	
PC10	Pain when urinating	
PC11	Pain during sex	

<b>Energy and mobility</b>		<b>Frequency of occurrence</b>
PC12	Fatigue	
PC13	Weakness	

<b>Dietary</b>		<b>Frequency of occurrence</b>
PC14	Nausea	
PC15	Vomiting	
PC16	Weight loss	
PC17	Irritable bowel syndrome	
PC18	Abdominal distention	
PC19	Constipation	
PC20	Diarrhea	
PC21	Urinary incontinence	
PC22	Change in urinary frequency	

<b>Other</b>		<b>Frequency of occurrence</b>
PC23	Dry mouth	
PC24	Leg swelling	
PC25	High temperature	

<b>Sensitive topics</b>		<b>Has it happened?</b>
PC26	Malodorous vaginal discharge	
PC27	White, yellow or green vaginal discharge	

Other conditions	Have you been diagnosed with?
PC28   Heart disease	
PC29   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](mailto: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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