



Menorrhagia

Heavy or prolonged menstrual bleeding at time you normally menstruate (also known as HMB)

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
M1	Amenorrhea	
M2	Metrorrhagia	
M3	Menometrorrhagia	
M4	Dysmenorrhea	
M5	Oligomenorrhea	
M6	Progressive Dysmenorrhea	
M7	Post coital bleeding	
M8	Post menopausal bleeding	

Other changes in bleeding		Frequency of occurrence
M9	Nosebleeds	
M10	Bleeding gums	
M11	Persistent or excessive bleeding after tissue injury	
M12	Blood in faeces	
M13	Blood in urine	
M14	Antepartum hemorrhage	
M15	Epidural hemorrhage	
M16	Post-partum hemorrhage	

Pain & its location		Frequency of occurrence
M17	Bowel	
M18	Pelvic	
M19	Abdominal	
M20	Back	
M21	Bodily	
M22	Stomach	
M23	Bowel	
M24	Muscle	
M25	Joint	
M26	When urinating	
M27	During sex	

Energy and mobility		Frequency of occurrence
M28	Fatigue	
M29	Muscle weakness	
M30	Joint hyperflexibility	
M31	Joint swelling	
M32	Joint dislocation	
M33	Uncoordinated movements/spasms	
M34	Feeling generally unwell	

Dietary		Frequency of occurrence
M35	Nausea	
M36	Vomiting	
M37	Weight loss	
M38	Obesity	
M39	Painful bowel movements	
M40	Constipation	
M41	Diarrhea	
M42	Bloating	
M43	Loss of appetite	
M44	Urinary frequency	
M45	Urinary urgency	
M46	Urinary incontinence	

Skin		Frequency of occurrence
M47	Easy bruising	
M48	Acne	
M49	Darkened skin	
M50	Small red dots	
M51	Large red spots	
M52	Itchy skin	
M53	Anemia	
M54	Poor wound healing	
M55	Hyperextensible skin	
M56	Skin going blue	
M57	Raised reddish skin patch	

Other		Frequency of occurrence
M58	Headache	
M59	Migraine	
M60	Leg swelling	
M61	Loss of hair	
M62	Rapid eye movements	

Sensitive topics		Has it happened?
M63	Changes in fertility	
M64	Lactation without being pregnant	
M65	Malodorous vaginal discharge	
M66	White, yellow or green vaginal discharge	

Other conditions		Have you been diagnosed with?
M67	Heart disease	
M68	Diabetes	
M69	Osteopenia	
M70	Osteoporosis	

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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