



Metrorrhagia

Uterine bleeding that occurs outside of the expected menstrual cycle
(also known as intermenstrual bleeding)

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
MT1	Amenorrhea	
MT2	Menorrhagia	
MT3	Oligomenorrhea	
MT4	Postmenopausal bleeding	
MT5	Post coital bleeding	
MT6	Dysmenorrhea	
MT7	Daily Dysmenorrhea	

Other changes in bleeding		Frequency of occurrence
MT8	Nosebleeds	
MT9	Bleeding gums	
MT10	Persistent bleeding after tissue injury	
MT11	Blood in faeces	
MT12	Blood in urine	

Pain & its location		Frequency of occurrence
MT13	Bodily	
MT14	Pelvic	
MT15	Abdominal	
MT16	Back	
MT17	Upper limb	
MT18	When urinating	
MT19	During sex	

Energy and mobility		Frequency of occurrence
MT20	Fatigue	
MT21	Muscle weakness	
MT22	Joint hyperflexibility	
MT23	Joint swelling	
MT24	Joint dislocation	

Dietary		Frequency of occurrence
MT25	Nausea	
MT26	Vomiting	
MT27	Weight loss	
MT28	Irritable bowel syndrome	
MT29	Abdominal distention or swelling	
MT30	Constipation	
MT31	Diarrhea	
MT32	Urinary incontinence	
MT33	Urinary urgency	
MT34	Change in urinary frequency	
MT35	Severe weight loss	

Skin		Frequency of occurrence
MT36	Easy bruising	
MT37	Jaundice	
MT38	Itchy skin	
MT39	Anemia	

Other		Frequency of occurrence
MT40	Headache (also severe)	
MT41	Leg swelling	
MT42	Hirsutism	
MT43	Difficulty breathing	

Sensitive topics		Has it happened?
MT44	Malodorous vaginal discharge	
MT45	White, yellow or green vaginal discharge	

Other conditions		Have you been diagnosed with?
MT45	Heart disease	
MT46	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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