



Oligomenorrhea

Irregular and inconsistent menstrual
blood flow: Between 4–9 periods per
year

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
OM1	Amenorrhea	
OM2	Menorrhagia	
OM3	Metrorrhagia	
OM4	Menometrorrhagia	
OM5	Dysmenorrhea	

Pain & its location		Frequency of occurrence
OM6	Pelvic	
OM7	Abdominal	
OM8	Back	
OM9	Joint	
OM10	Muscle	
OM11	Bowel	
OM12	Bodily	
OM13	When urinating	
OM14	During sex	

Energy and mobility		Frequency of occurrence
OM15	Fatigue	
OM16	Muscle weakness	
OM17	Exercise intolerance	
OM18	Muscle wasting	
OM19	Felling generally unwell	

Dietary		Frequency of occurrence
OM20	Loss of appetite	
OM21	Nausea	
OM22	Vomiting	
OM23	Weight gain	
OM24	Obesity	
OM25	Irritable bowel syndrome	
OM26	Abdominal bloating or swelling	
OM27	Constipation	
OM28	Diarrhea	
OM29	Urinary incontinence	
OM30	Urinary retention	
OM31	Change in urinary frequency	
OM32	Weight loss	
OM33	Severe weight loss	

Skin		Frequency of occurrence
OM34	Acne	
OM35	Easy bruising	
OM36	Poor wound healing	
OM37	Dry skin	
OM38	Thin skin	
OM39	Skin ulcers	
OM40	Change in skin colour	
OM41	Weblike blood vessels	
OM42	Red or purple spots	
OM43	Flushing	

Hair		Frequency of occurrence
OM44	Hirsutism	
OM45	Loss of hair	
OM46	Balding	
OM47	Sparse pubic hair	

Mental Health		Frequency of occurrence
OM48	Insomnia	
OM49	Anxiety	
OM50	Depression	
OM51	Memory loss or impairment	
OM52	Panic attacks	
OM53	Psychosis	
OM54	Atypical behaviour	

Sensory		Frequency of occurrence
OM55	Headache (also severe)	
OM56	Leg swelling	
OM57	Seizures	
OM58	Chills	
OM59	Changes in vision:double vision	
OM60	Changes in vision: blurred	
OM61	Changes in vision: impaired	

Sensitive topics		Has it happened?
OM62	Decreased libido	
OM63	Changes in fertility	
OM64	Breasts have decreased in size	
OM65	Lactation without being pregnant	

Other conditions		Have you been diagnosed with?
OM66	Heart disease	
OM67	Diabetes	
OM68	Osteoporosis	
OM69	Osteopenia	

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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