



## Post menopausal bleeding

After 1 year of absence of menstrual periods, any type of uterine bleeding that occurs

### 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
PM1	Menorrhagia	
PM2	Metrorrhagia	
PM3	Postcoital bleeding	

Pain & its location		Frequency of occurrence
PM4	Bodily pain	
PM5	Pelvic pain	
PM6	Acute pain (back or abdomen)	
PM7	Pain when urinating	
PM8	Pain during sex	

Energy and mobility		Frequency of occurrence
PM9	Fatigue	
PM10	Weakness	

Dietary		Frequency of occurrence
PM11	Nausea	
PM12	Vomiting	
PM13	Weight loss	
PM14	Irritable bowel syndrome	
PM15	Abdominal distention	
PM16	Constipation	
PM17	Diarrhea	
PM18	Urinary incontinence	
PM19	Change in urinary frequency	

Other		Frequency of occurrence
PM20	Dry mouth	
PM21	Leg swelling	

Sensitive topics		Has it happened?
PM22	Malodorous vaginal discharge	
PM23	White, yellow or green vaginal discharge	

Other conditions		Have you been diagnosed with?
PM24	Heart disease	
PM25	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 be 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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