

Checklist for Prolonged, Heavy Menses

The student asks the following questions:

- What is the date of your last menstrual period? What is the length of your menses and how heavy is your menses?
- Do you have any clots during menses?
- How many pads or tampons do you use per day?
- Do you have any cramping or abdominal pain?
- Are you sexually active and/or pregnant?
- What do you use for birth control?
- Do you have any pain or bleeding with or after intercourse?
- How many sexual partners do you have?
- How many sexual partners does your partner have?
- Have you ever had a STD?
- Elicit obstetrical history (times pregnant, live births, stillbirths, miscarriages, abortions, and ectopic pregnancies; also vaginal or cesarean section deliveries and complications).
- What is your sleep pattern?
- What is your stress level?
- Do you have fever, chills, N/V, diarrhea, or vaginal discharge?