

A guide to quantifying blood loss and conveying symptoms

The goal of your journey is to re-gain control of your life in the least amount of time.

When you leave the Specialist's office having had a more productive visit, your chances of having to return to clarify things is reduced. Imagine having to wait another 8 months just because you underestimated your actual blood loss or forgot to mention another symptom that really does matter?

When you reduce your number of visits you move you find relief quicker AND make room for other women to get in sooner.

Use the attached charts to help better quantify your periods before your next visit. This will ensure you're not "guesstimating" symptoms that your doctor needs to know more accurately in order to come up with the best longer term and shorter term solutions to your condition.

How can you quantify your blood loss?

Use the chart included in this kit to record your daily blood loss. It accommodates use of the Cup, Pad or Tampon in measuring, so you don't have to change anything in order to get accurate.

1. Using a menstrual cup is the easiest way to quantify your blood loss.

A menstrual cup holds up to 30 ml. You may be changing the cup before that mark, so recording how much blood is in the cup every time you change it is necessary to get an accurate measurement.

2. By calculating how often you change tampons you can get a pretty good idea.

An OB Ultra (Purple) tampon holds about 10 ml of blood. To help with accuracy, use a pad with your tampon; that way you can let it get to the point of soaking through.

3. By calculating how often you change tampons you can get a reasonably good idea.

An "Always Infinity" overnight pad holds about 10 ml of blood. Most women will change the pad before it soaks through, so be sure to adjust down a bit for that.



Step 1. Prepare an Overview of Your Symptoms

Your GYN can help develop a plan much faster if he/she is well informed of your symptoms. For example, “I bleed a lot” means less than “I bleed 4oz per day.” Accuracy helps avoid repeat visits. Skip waiting months to return to say “No REALLY... I bleed a LOT” and get right to what is best for you.

About my blood loss and resulting quality of life

- _____ My Quality of life from 1 to 10 (1 being the lowest)
- _____ First two days loss, in ml of blood (use attached chart and guide)
- _____ Next two days loss in ml of blood (use attached chart and guide)

Duration of periods

- Periods last 5 -7 days
- Periods last 8 -12 days
- Periods never end

Other characteristics

- I have clotting I have cramps I have fatigue
- I have spotting even though my period does end
- I have to take days off work each month
- I have bouts of severe flooding
- Other _____
- Other _____



Step 2. Record Your Blood Loss Using This Chart

The Always Infinity Pad and OB Ultra Tampon Measurement Chart

Method	Day 1 Changes p/hr	x 10ml =	Day 2 Changes p/hr	x 10ml =	Day 3 Changes p/hr	x 10ml =	Day 4 Changes p/hr	x 10ml =
Super Tampon		____ ml		____ ml		____ ml		____ ml
Super Pad		____ ml		____ ml		____ ml		____ ml
Total ml p/day								

- ✓ Each day, enter the number of times you have had to change your pad or tampon (or both) per hour.
- ✓ Each pad or tampon holds about 10ml so multiply the total changes per day by 10 and enter that figure in the ____ml space.
- ✓ Add up the ml per day and enter the number into the pink box – this represents your total ml blood loss for each day.

The Diva Menstrual Cup Measurement Chart

Method	Day 1 Changes p/hr	x 30ml =	Day 2 Changes p/hr	x 30ml =	Day 3 Changes p/hr	x 30ml =	Day 4 Changes p/hr	x 30ml =
Menstrual Cup		____ ml		____ ml		____ ml		____ ml
Total ml p/day								

- ✓ In the menstrual cup measurement chart enter the number of times you have had to change your cup (each day) per hour.
- ✓ The cup holds 30ml so multiply the number of changes in your day by 30, and enter the number in the next box (the ml box)
- ✓ For a daily total, enter the one day's number into the pink box.

About talk-u

More than 22,000 members strong, **talk-u** is a Canada Wide discussion on all things Uterine. Be it Fibroids, Endometriosis, Menopause or Birth Control, Treatment Drugs and Symptom sets, talk-u develops timely private groups to accommodate emerging topics of conversation. Current Groups include:

CANFib, Fibroids, Symptoms and Such

CANEnd, Endometriosis Exchange

Surgery Prep 101

Menopause Maybe

Birth Control Talk (BCP, IUD, IUS)

Fibrystal Discussion Group

www.talk-u.ca

About CANFib

Through Survey Data, Aggregate Data and Summaries, CANFib provides valuable research and numbers to Physicians, Pharmaceutical Firms and Government that will help advance the choices and variations of treatments of Fibroids available and approved by Health Canada.

While CANFib Moderates 1000s and 1000s of Patient Discussions on Fibroids and Endometriosis, the goal of this work is to accumulate and extract relevant data that can be relied upon for decision makers. This helps to ensure those decisions take as much information into account as possible, while presenting that information in a condensed and well vetted format. CANFib also works to advance the understanding of all those involved toward each others role in the conditions of Fibroids and Endometriosis.

This Fibroids Survival Kit was created by CANFib Founder Patricia Lee, in an effort to help women reduce the number of years spent searching for solutions. By ensuring symptoms are recorded and submitted on an individual basis, we're assured of individual consideration in the recommendation of treatments.

www.CANFib.com

