



# MENSTRUAL CHART

Keeping a monthly record of your menstrual cycle and periods can help you get to know your body's monthly pattern. You can use the chart to recognise symptoms of premenstrual syndrome and to prepare for your next period. The chart can also help you plan your pregnancy. Older women can use the chart to monitor changes in their cycle and symptoms of menopause.

Keeping a menstrual chart or calendar is useful if you want to:

- Plan for monthly periods, especially if they are painful
- Recognise symptoms of premenstrual syndrome (see *Period Problems* Fact Card)
- Plan, space or avoid pregnancy
- Practice natural birth control e.g. rhythm, temperature and cervical mucus methods (see Family Planning Association under Contacts).
- Determine the start of menopause (see *Menopause* Fact Card)
- Be aware of changes which occur during menstrual cycles – getting to know your body.
- Be aware of any changes that DO NOT normally occur during your menstrual cycle, and may require a visit to your doctor.

Talk to your doctor or pharmacist if you have any concerns or problems with your menstrual cycle or periods.

## Using the chart

Record the signs and symptoms of your menstrual cycle on the calendar using the codes provided.

Your **Self Care** Pharmacist

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*Pharmacy Self Care has a strong commitment to providing current and reliable health information.  
 The information in this card was current at time of printing.*

Add your own codes for other symptoms and signs that you wish to keep track of.

The calendar may also be helpful to monitor the symptoms and signs of other health conditions, e.g. migraines, allergies, asthma, irritable bowel syndrome.

### Recommended reading:

Llewellyn-Jones, D  
*Everywoman, A gynaecological guide for life.*  
 Penguin Books, 1998.

### Other relevant fact cards:

- *Menopause*
- *Period Problems*
- *Breast Self Examination and Pap Test*

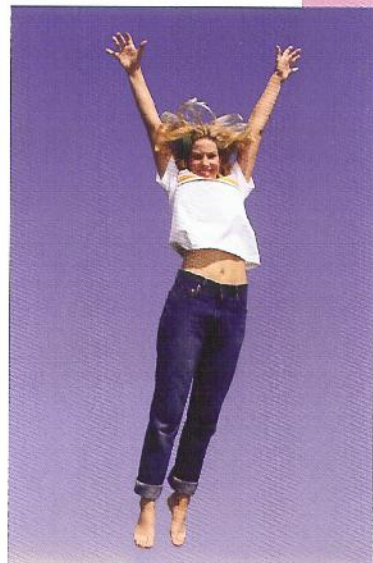
### Contact:

**A doctor** – listed under medical practitioners in the yellow pages of the phone book.

**A Self Care pharmacist** –  
 Tel: (02) 6283 4777 to locate your nearest member.

In case of poisoning, phone the **Poisons Information Centre** on 13 11 26 from anywhere in Australia.

Pharmacists are medicines experts. Ask a pharmacist for advice when choosing a medicine.



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### Codes

Pd	- period due	Ds	- difficulty sleeping
P	- period	B	- backache
Sp	- spotting	H	- headaches
+	- light flow	D	- dizziness
++	- moderate flow	C/D	- constipation/diarrhoea
+++	- heavy flow	Wg	- weight gain/water retention
Cr	- cramps	Sc	- sugar craving
Le	- loss of energy	Tf	- tearfulness
Td	- tiredness	Ir	- irritability

### Your own codes

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\_\_\_\_\_ - \_\_\_\_\_

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\_\_\_\_\_ - \_\_\_\_\_

### Mucous type

DM	-dry
WM	-wet, slippery, egg whitish
SM	-sticky, cloudy, thick

93-23449-00297

