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BLEEDING QUESTIONNAIRE

NORMAL MENSTRUAL BLOOD LOSS IS ABOUT 3-4 OUNCES (1/2 CUP TOTAL). EXCESSIVE BLEEDING CAN LEAD TO FATIGUE OR A LIMITATION OF ACTIVITIES.

YES NO 1. DOES YOUR PERIOD LAST MORE THAN 6-7 DAYS?

YES NO 2. DO YOU EVER SOAK THROUGH YOUR CLOTHES?

YES NO 3. DO YOU MISS WORK, LIMIT YOUR ACTIVITIES OR SEX BECAUSE OF YOUR PERIOD?

YES NO 4. DO YOU EXPERIENCE FATIGUE, DIZZINESS OR ANEMIA, OR HAVE TO TAKE IRON?

YES NO 5. DO YOU HAVE TO STAY NEAR A BATHROOM DURING CERTAIN TIMES?

YES NO 6. HAS MEDICATION LIKE BIRTH CONTROL PILLS FAILED TO CONTROL YOUR BLEEDING?

YES NO 7. DO YOU SUFFER FROM EXCESSIVE CRAMPS OR PMS?

YES NO 8. DO YOU PASS CLOTS LARGER THAN QUARTER SIZE?

It is not normal for periods to control your life.

If you have answered yes to one of these questions, you may need to be evaluated for menorrhagia (excessive menstrual bleeding). There are many causes of menorrhagia, but there are simple new, in-office, procedures available to help stop bleeding permanently—without hormones.

NAME _____

DATE _____