

## Female Form

Please circle appropriate issues and add extra detail if possible

<b>Details of any issue:</b>					
<b>Medication/ Supplements:</b>		<b>Qty:</b>		<b>How long:</b>	
Age when periods began:		Day 1 of last period:			
Ages when on the pill:		Times of IUD use:			
Dates when pregnant:					
Miscarriages or terminations?					
Age when periods stopped:		Any bleeding since then? Y /N			
<b>Premenstrual symptoms:</b>		No. of days before period:		When do they end?	
Do your bowels get looser before the period?					
Mood changes: irritability                      vulnerability                      weepiness                      clumsiness                      headaches					
Energy: tiredness                      more energy                      no change					
Chest: breast distension/pain                      lumpy breasts                      ribs aching					
Lower abdomen: pain in waves                      fixed pain                      pain referring to the back					
<b>Blood:</b> there are often changes in colour, quantity and thickness. Please describe; just put an 'N' if 'normal'.					
<b>Day</b>	<b>Quantity:</b> Light/heavy (1-5)	<b>Colour:</b> Bright/dark red	<b>Clotting:</b> Size- 5p, 20p, 50p...	<b>Quality:</b> Thin / thick blood	<b>Pain:</b> (0-5)
1					
2					
3					
4					
5					
6					
7					
8 +					
<b>Spotting:</b> do you get spotting between periods? Y / N                      Is this around ovulation / pre-period?					
Have your periods changed a lot recently?                      Y / N					
Do your periods change from month to month?                      Y / N					
<b>Period</b>	Fixed	moves	comes in waves	cramps	spasms
<b>Pain:</b>	Abdomen	thighs	back	elsewhere	
<b>Better for:</b>	warmth	moving	pressure	cold	resting
<b>Worse for:</b>	warmth	moving	pressure	cold	resting
<b>Ovulation</b>	none	sharp	dragging	dull	
<b>Pain:</b>					
<b>Smear Test:</b> date of last one:					
<b>Discharges:</b> they're a normal part of the cycle, but can be a problem; if they are please explain					

**Fertility focused information:**

The more information the better; please bring any additional notes with you to your first appointment

If you've been BBT charting please bring copies; if not, please consider starting – instructions and a chart are available to download from the site.

<b>INVESTIGATION</b>	<b>DATES</b>	<b>FINDINGS:</b>
Ultrasound		
Hysteroscopy		
Laparoscopy		
Lap and Dye/HyCoSy/HSG		
Follicle tracking		
Testing for STIs		
<b>Blood tests for hormones:</b>		
Oestrogen		
Progesterone		
FSH		
LH		
AMH		
Testosterone		
Tests for immune status		
Sperm Tests		
Other investigations		
Any abdominal surgery		

- Are you aware of changes in cervical mucous?
- If you notice 'fertile' stretchy mucous how many days does this usually last?
- What diagnosis have you had regarding your fertility:
- What treatment followed diagnosis:

Please consider the role you'd like Chinese medicine to play; this may be the primary form of treatment, to support IVF, or it may change.