

CSL Behring

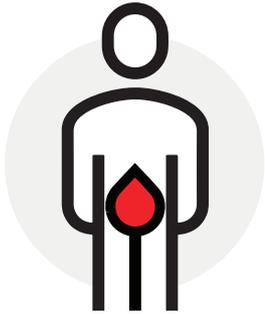
Biotherapies for Life™



Bleeding diary

Six-month diary for girls and women with bleeding disorders

Bleeding disorders and your periods



Bleeding disorders, where blood is unable to clot properly, can contribute towards heavy or prolonged periods. However, menstrual flow varies widely between women, so it can be difficult to know for sure if your period is being affected by your bleeding disorder.

If you bleed for more than seven days, or your daily life is impacted by your period (e.g. you stay at home for fear of bleeding) it could signal that your bleeding disorder is having an impact.

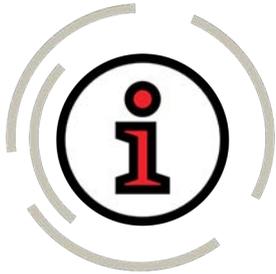
Tiredness, lack of energy and shortness of breath are other things to watch out for, as these could point to a lack of red blood cells (anaemia) due to heavy bleeding.

Heavy periods – sometimes called menorrhagia – affect lots of women, and they can have a big impact on your life and how you feel.

Recording your monthly bleeding can help you to compare blood loss month-by-month and to describe your cycle to your doctor, so that they can determine the best way to help.

This booklet contains a six-month bleeding diary, to help you keep track, as well as a handy place to record your healthcare contacts. See pages 4 to 19 for full details and an example of how to complete the diary.

If you have any questions ask your doctor or specialist nurse.



Contacts

Your doctor's name:

Your nurse's name:

Clinic address:

Clinic telephone number:

Clinic email:

Support

The Haemophilia Society provides help and support to people with all sorts of bleeding disorders. Find out more by calling 020 7939 0780.

Your bleeding diary



How to use your bleeding diary

The following page shows an example of what a completed bleeding diary might look like each month.

Record your bleeding start date and then, on every day of your period, record the number of sanitary products you use, along with any clots you see, and any medication taken.

Record episodes of 'flooding' – for instance if your flow is too heavy for the highest absorbency sanitary products and you have to change them frequently, or if you bleed through to your clothes or bedding.

Total the columns up at the end of your period, along with the number of bleeding days.

You can record any other information you think might be useful in the notes section.

Remember to take your bleeding diary to every clinical appointment to share with your doctor or nurse, as it provides valuable information about your bleeding patterns.

If you complete the diary and wish to continue to record your bleeding patterns, please ask your clinic doctor or nurse for a new diary.



Example of what your diary might look like during your period

Bleeding start date: 19th May 2021

Bleeding days (1-17)	Towels used	Tampons used	Small clots (size approx 1p)	Large clots (size approx 50p)	Flooding episodes	Medication name
1		2				
2		2				
3	1	3	1			
4	1	3	2		1	
5	2	3	2	2		Paracetamol 4 x 500mg
6	2	3	2	2	1	
7	2	4			1	
8	3	3		1	1	
9	2	3				
10	1	2	1			
11	1	2				
12	1	2				
13	1	3	1			
14	2	3				
15		2				
16		2				
17		2				

Notes:

Stomach cramps on day 5



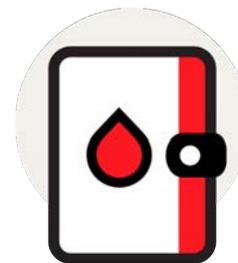
If you bleed for more than 17 days please continue on the next page

Example of what your diary might look like during your period

Bleeding days (18+)	Towels used	Tampons used	Small clots (size approx 1p)	Large clots (size approx 50p)	Flooding episodes	Medication name
18		1				
19		1				
20		1				
21						
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Totals	Towels used 19	Tampons used 45	Small clots 9	Large clots 5	Flooding episodes 5	

Total number of bleeding days:

20



Totals should include numbers from the previous page

Bleeding start date: _____

Bleeding days (1-17)	Towels used	Tampons used	Small clots (size approx 1p)	Large clots (size approx 50p)	Flooding episodes	Medication name
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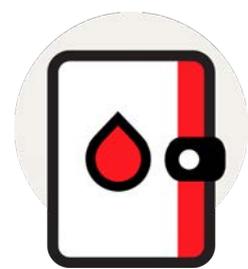
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Totals						

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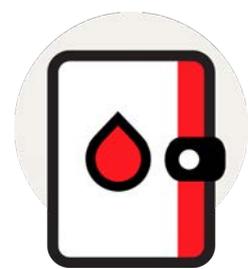
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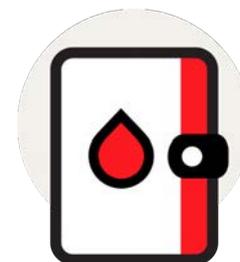
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Provided as an educational service to medicine by CSL Behring UK Ltd

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