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FOR MORE INFORMATION or to take an online risk assessment for bleeding disorders, go to betteryouknow.org.

Healthcare Diary

Before visiting with your healthcare provider, it may be helpful to keep a health diary for a month or two. This will help you discuss with your healthcare provider the next steps to take.

When did your symptoms begin? _____

What led to these symptoms? _____

Make note of your energy level. When was it high? _____

When was it low? _____

Have you had nose bleeds that lasted longer than 10 minutes? YES NO

How often? _____

How old were you when you had your first period? _____

How many days do you have between the start of one period and the start of the next one? _____

Do you have periods that last longer than 7 days? YES NO How many days total? _____

How many days do you consider your period to be heavy? _____

How often do you have to change your pads or tampons? _____

Do you have to double up on pads and/or tampons, especially at night? YES NO

Do you experience pain during your periods? YES NO

What makes them feel better? _____

What makes them worse? _____

Do your symptoms interfere with your daily life? YES NO

Do any of the girls or women in your family have heavy periods? YES NO DON'T KNOW

Has anyone in your family had similar bleeding symptoms? YES NO DON'T KNOW

Has anyone in your family been diagnosed with a bleeding disorder, such as von Willebrand disease or hemophilia? YES NO DON'T KNOW

List any prescription or nonprescription medicines you are currently taking.
