

Menstrual Chart

Keeping a daily record of your menstrual cycle and periods can help you get to know your body's monthly pattern. You can use the menstrual chart to help you monitor phases and changes in your menstrual cycle and recognise the signs of your next period.

Keeping a daily menstrual chart can help you:

- Plan for monthly periods
- Recognise symptoms of premenstrual syndrome (PMS)
- Recognise when you are fertile in order to plan a pregnancy
- Recognise when you are fertile in order to practice natural birth control (e.g., rhythm, temperature and cervical mucus methods)
- Recognise the return to fertility after childbirth
- Recognise changing cycles leading up to menopause
- Be aware of normal changes which occur during your menstrual cycle
- Be aware of 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.
- Add your own codes for other symptoms and signs that you wish to record.
- The calendar may also be helpful to monitor the symptoms and signs of other health conditions (e.g., migraines, allergies, asthma, irritable bowel syndrome).

Note: Consult a doctor or trained sexual health professional for advice on natural birth control methods.

Recommended reading

Llewellyn-Jones, D., Everywoman, A gynaecological guide for life (revised and updated). Penguin Book, 1998.

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

Mucus type

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

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For more information

Breastscreen Australia

National breast screening program
Phone: 13 20 50 for information and appointments.

Sexual Health and Family Planning Australia

Listed under 'S' in the white pages of the phone book
Website: www.shfpa.org.au

The Australasian Menopause Society

Website: www.menopause.org.au

The Jean Hailes Foundation

Website: www.jeanhailes.org.au

Healthdirect Australia

Phone: 1800 022 222
Website: www.healthinsite.gov.au

Consumer Medicine Information (CMI)

Your pharmacist can advise on CMI leaflets.

National Prescribing Service (NPS) Medicines Information

Phone: 1300 MEDICINE (1300 633 424)
Website: www.nps.org.au

The Poisons Information Centre

In case of poisoning phone 13 11 26 from anywhere in Australia.

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

Related fact cards

- » *Breast Awareness and Pap Smear (ask your pharmacist – website only)*
- » *Menopause*
- » *Period Problems*

Your Self Care Pharmacy: