



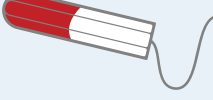



Pictorial blood loss assessment chart (PBAC)^{1,2}

INSTRUCTIONS TO FILL THE CHART: Write down the number of pads/tampons used per day based on how soiled they are for each day of your period. If you have any blood clots, write the number and the size of each clot for each day. See the scoring system below the chart for how to measure clot size.

DATE OF START (DD/MM/YYYY) _____

Pads	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
								
								
								
Clots: Size and number Flooding*: Tick mark								
Tampons	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
								
								
								
Clots: Size and number Flooding*: Tick mark								

*If you experience any flooding or gushing that is enough to affect your daily activities and quality of life, put a tick mark for that day.

Adapted from: Better You Know. Menstrual chart & scoring system. [Internet] [cited 2022 Dec 13]. Available from: <https://www.betteryouknow.org/sites/default/files/2022-08/BetterYouKnow-Menstrual-Chart-Scoring-System.pdf>.

Total points: _____

If your total is more than 100, visit a doctor.

Scoring system

Pads

1 point for each lightly stained pad | 5 points for each moderately stained pad | 20 points for each completely soaked pad

Tampons

1 point for each lightly stained tampon | 5 points for each moderately stained tampon | 10 points for each completely soaked tampon

Clots

1 point for small clots (like a grape) | 5 points for large clots (like a strawberry)

Disclaimer:

Screening tool and reports that appear herein are based on current scientific and clinical knowledge and the analysis should not be construed as actual tests for medical recommendations. Alembic does not collect or store any personal data. The data entered hereinafter may be used only for the purpose of analysis which may be further used for educational purpose.

References:

- Better You Know. Menstrual chart & scoring system. [Internet] [cited 2022 Dec 13]. Available from: <https://www.betteryouknow.org/sites/default/files/2022-08/BetterYouKnow-Menstrual-Chart-Scoring-System.pdf>.
- Higham JM, O'Brien PM, Shaw RW. Assessment of menstrual blood loss using a pictorial chart. Br J Obstet Gynaecol. 1990;97(8):734-9.