

Menstrual / Pain Diary

VAGENiUS

Month:																															
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Menstrual Flow (see box 2)																															
Pain (see box 1)																															
Bowels																															
Bloat																															

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Box 1

Pain

- +++ Severe:** Requiring strong painkillers. Not able to do normal activities.
- ++ Moderate:** Needing mild painkillers but can carry on normal activities.
- + Mild:** But not needing painkillers.

Box 2

Menstrual flow

- +++ Heavy:** Large clots and/or flooding. Needing sanitary towel as well as tampons. Makes you house bound.
- ++Moderate:** Regular changes of towels or tampons. No social inconvenience.
- + Light:** Need some protection to prevent staining of underwear.
- S:** Spotting

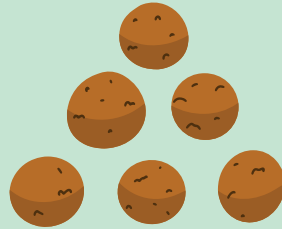
Bristol Stool Chart

VAGENiUS

Type 1

Small balls or pellets

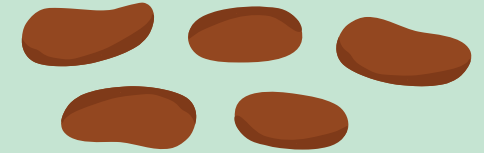
Very constipated



Type 5

Soft, loose blobs

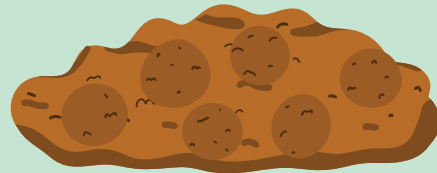
Mild diarrhea



Type 2

Lumpy pieces

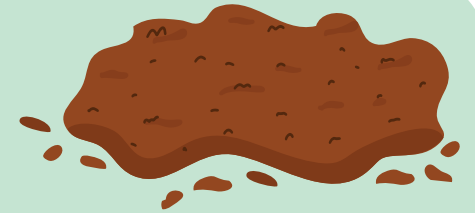
Slightly constipated



Type 6

Very loose

Moderate diarrhea



Type 3

Sausage-shaped

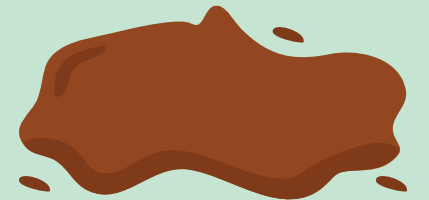
Healthy /Optimal



Type 7

Liquidy

Severe diarrhea



Type 4

Snake-like, smooth

Healthy /Optimal



Type 3 and **Type 4** are the healthy and optimal stools in both consistency and shape.