Cycle tracker

Three months of dates. The most useful thing you can take to an appointment.

WHY THIS ONE MATTERS MOST

Perimenopause is staged on your cycle, not on a blood test. Early perimenopause is marked by a persistent difference of seven days or more between consecutive cycles. Late perimenopause begins with a gap of sixty days or more. Three months of this is the single most useful thing you can hand to a clinician.

DATE PERIOD STARTED	DAYS SINCE LAST	FLOW (LIGHT / USUAL / HEAVY)	ANYTHING NOTABLE

How to fill it in

- Write the date each period starts. That is day one.
- Days since last is the gap between this start date and the previous one. Your cycle length.
- Start today even if you are mid cycle. Work backwards if you can remember the last date.
- If a period is skipped entirely, write skipped and carry on.

SEE A CLINICIAN PROMPTLY IF

You bleed between periods, bleed after sex, bleed at all after twelve months without a period, flood through protection or pass large clots, or develop new pelvic pain. Most will turn out benign. They still need looking at.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 1 · navigare-vela.com