



# 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 recognize the signs of your next period.**

Keeping a daily menstrual chart can help you:

- Plan for monthly periods
- Recognise symptoms of premenstrual syndrome (PMS)
- Recognize when you are fertile in order to plan a pregnancy
- Recognize when you are fertile in order to practice natural birth control (e.g., rhythm, temperature and cervical mucus methods)
- Recognize the return to fertility after childbirth
- Recognize 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 Books, 1998.

## Related fact cards

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

## For more information

**Breastscreen Australia** – National breast screening program – phone 13 20 50 for information and appointments.

**Health/Insite** – website [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

**Sexual Health and Family Planning Australia** – listed under 'S' in the white pages of the phone book or website [www.shfpa.org.au](http://www.shfpa.org.au)

**The Australasian Menopause Society** – website [www.menopause.org.au](http://www.menopause.org.au)

**The Jean Hailes Foundation** – website [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

**Consumer Medicine Information (CMI)** leaflets – your pharmacist can advise on availability.

**NPS Medicines Line** – phone 1300 888 763 Monday to Friday, 9am to 6pm EST.

**The Poisons Information Centre** – in case of poisoning phone 131 126 from anywhere in Australia.

**Pharmacy Self Care Support** – phone 1300 369 772 and ask for the Pharmacy Self Care Field Officer.

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

Your **Self Care** Pharmacist

## 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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