

Quantifying blood loss can spare years of suffering

Your specialist can offer the most effective treatment options with the most accurate outline of your symptoms. This includes a clear understanding of your blood loss.



Blood loss is normally measured by “number of pads or tampons” used per day, but the amount each brand holds varies. Women can spend years **“testing and trying”** treatments that may not be the best option unless accuracy is achieved early on.

So it’s best if you know how much fluid your tampon or pad is capable of holding, and record usage in order to convert that backwards to the total ml loss per day.

Step 1. Prepare an Overview of Your Symptoms

About my blood loss and resulting quality of life

_____ My Quality of life from 1 to 10 (1 being the lowest)

_____ First two days loss, in ml of blood (use attached chart and guide)

_____ Next two days loss in ml of blood (use attached chart and guide)

Duration of periods

☐ Periods last 5 -7 days

☐ Periods last 8 -12 days

☐ Periods never end

Other characteristics

☐ I have clotting ☐ I have cramps ☐ I have fatigue

☐ I have spotting even though my period does end

☐ I have to take days off work each month

☐ I have bouts of severe flooding

☐ Other _____

☐ Other _____



Step 2: Quantifying Blood Loss as accurately as possible

Avoid waiting months for a follow-up due to under “guesstimating” actual blood loss or forgetting to mention another symptom. Find relief more quickly by offering a complete and accurate picture.

Using a Menstrual Cup

A **menstrual cup** is the easiest way to quantify your blood loss.

A menstrual cup holds up to 30 ml.

You may be changing the cup before that mark; recording how much blood is in the cup every time you change it is necessary to remain accurate.

Using an OB Ultra (purple) Tampon

If flow is too heavy, try the tampon or pad method

An OB Ultra (Purple) tampon holds about 10 ml of blood. **To help with accuracy**, use a pad with your tampon; that way you can let it get to the point of soaking through.

“Always Maxi 5” overnight pads hold about 30 ml of blood. Most women will change the pad before it soaks through, **so be sure to adjust down** about 2ml per sq. inch of clean pad left.

Always Maxi 5 Pad blood loss measurement chart

Each Always Maxi 5 Pad holds appx 30ml menstrual fluid

- In the first space add how many times you changed your pad
- In the ML space, multiply today's number of Pad Changes by 30ml
- In the final space add up today's ml for the total



Day 1

Number of Pad Changes today

X 30 =

Day 2

Number of Pad Changes today

X 30 =

Day 3

Number of Pad Changes today

X 30 =

Day 4

Number of Pad Changes today

X 30 =

Day 5

Number of Pad Changes today

X 30 =

5-day total Always Maxi 5

Add up all orange filled spaces

OB Ultra Tampon blood loss measurement chart

Each Always Maxi 5 Pad holds appx 10ml menstrual fluid

- In the first space add how many times you changed your pad
- In the ML space, multiply today's number of Pad Changes by 30ml
- In the final space add up today's ml for the total



Day 1

Number of OB Changes today

X 10 =

Day 2

Number of OB Changes today

X 10 =

Day 3

Number of OB Changes today

X 10 =

Day 4

Number of OB Changes today

X 10 =

Day 5

Number of OB Changes today

X 10 =

5-day total OB Ultra (purple)

Add up all orange filled spaces

The Diva or other Menstrual Cup Measurement Chart



Change your Diva Cup as many times per day as convenient and be sure to record the volume of each change.

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Total1 _____ Total2 _____ Total3 _____ Total4 _____