

# 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 recognise the signs of your next period.

Keeping a menstrual chart can help you:

- plan for monthly periods
- recognise symptoms of premenstrual syndrome (PMS)
- recognise when you are fertile, to help plan a pregnancy
- recognise when you are fertile, to help with use of natural birth control (e.g. rhythm, temperature and cervical mucus methods)
- recognise when you return to fertility after childbirth
- recognise 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.

Seek medical advice 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 help 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.

## Menstrual chart

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### Codes

<b>PD</b>	period due	<b>H</b>	headaches	<b>+++</b>	heavy flow	<b>Tf</b>	tearfulness
<b>DS</b>	difficulty sleeping	<b>+</b>	light flow	<b>WG</b>	weight gain/ water retention	<b>Td</b>	tiredness
<b>P</b>	period	<b>D</b>	dizziness	<b>Cr</b>	cramps	<b>Ir</b>	irritability
<b>B</b>	backache	<b>++</b>	moderate flow	<b>SC</b>	sugar craving		
<b>Sp</b>	spotting	<b>C/D</b>	constipation/ diarrhoea	<b>LE</b>	loss of energy		

	Jul	Aug	Sept	Oct	Nov	Dec
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### Mucus type

- DM** dry
- WM** wet, slippery,  
egg whitish
- SM** sticky, cloudy,  
thick

## For more information

### BreastScreen Australia

Phone: 13 20 50

Website: [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

### Family Planning Alliance Australia

Website: [www.familyplanningallianceaustralia.org.au](http://www.familyplanningallianceaustralia.org.au)

### The Australasian Menopause Society

Phone: (03) 9428 8738

Website: [www.menopause.org.au](http://www.menopause.org.au)

### Jean Hailes for Women's Health

Phone: (03) 9562 7555

Website: [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

### Healthdirect Australia

Phone: 1800 022 222

Website: [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

### NPS MedicineWise

#### Medicines Line

Phone: 1300 MEDICINE (1300 633 424)

Website: [www.nps.org.au](http://www.nps.org.au)

### Consumer Medicine Information (CMI)

Your pharmacist can advise on CMI leaflets

### Poisons Information Centre

In case of poisoning phone 13 11 26 from anywhere in Australia

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

### Related Fact Cards

- » *Contraception*
- » *Period problems*

## Your Self Care Pharmacy: