

Pictorial Blood Assessment Chart (PBAC): Per-Cycle

Date: _____



This menstrual chart and scoring system is meant to help you track your period and discuss your circumstances with your healthcare provider. It is not meant as medical advice.

Pad/Tampon/Clot	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Total Tallies	Multiplying Factor	Row Total
										x1	
										x5	
										x20	
										x1	
										x5	
										x10	
Small blood clots (= dime)										x1	
Large blood clots (> or = quarter)										x5	
Flooding										x5	
Total PBAC Score											

How to use the PBAC

- Record the number of tampons and sanitary pads used each day during your bleeding episode by placing the number under the day and next to the box representing the amount of bleeding you see each time you change your pad or tampon.
- Record clots by indicating whether they are the size of a dime or a quarter coin in the small and large blood clot row under the appropriate day.
- Record any incidences of flooding (accidents) by placing a tally mark in the 'flooding' row.

Scoring the Chart

At the end of your bleeding episode tabulate the "Total Tallies" in each row. Next, multiply the "Total Tallies" in each row by the "Multiplying Factor" at the end of the row, for the "Row Total." Then sum the "Row Total" for the final, "Total PBAC Score."

Example

On Kelly's first day of bleeding, Kelly used 7 pads (4 light bleeding, 2 moderate bleeding, and 1 heavy bleeding). Kelly noticed 3 blood clots, 1 small and 2 large. Kelly also used 1 tampon with a moderate amount of blood and had 1 incidence of flooding. This is Kelly's PBAC chart on the first day of bleeding.

Pad/Tampon/Clot	Day 1
Small blood clots (= dime)	
Large blood clots (> or = quarter)	
Flooding	