



***UCON Trial:
Ulipristal versus Coil for the
Management of Heavy Menstrual Bleeding***

Baseline Menstrual Blood Loss Diary

We would be most grateful if you could complete the enclosed diary during the course of your next period. Please keep this questionnaire in a safe place until you start your next period.

Please remember to bring this with you to your next hospital appointment.

If you have any questions or need any help in answering the questions then please do not hesitate to contact:

Your local research nurse is XXXXXXXX and her phone number is YYYYYYY
Or you can call the UCON Trial Office on 0121 414 6665

All your answers will remain strictly confidential. Thank you for your participation in this study.

Completed by participant:

Date Completed:

D	D	-	M	M	M	-	Y	Y	Y	Y
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Completed by hospital trial staff:

UCON Trial No.

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Patient Initials

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For UCON Trial Office Only:

Date Form Entered:

D	D	-	M	M	M	-	Y	Y	Y	Y
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Please complete during your next period.

Please would you record your preferred brand and absorbency of tampons and sanitary towels in the table below.



e.g. Tampax – Super Plus days 1 – 2 then Tampax – Regular days 3 – 4		
Brand_____	and Type_____	of towel you used on days_____
Brand_____	and Type_____	of towel you used on days_____
Brand_____	and Type_____	of tampon you used on days_____
Brand_____	and Type_____	of tampon you used on days_____

Table: Brand & Absorbency of Tampons and Sanitary Towels

Completing your Menstrual Blood Loss Diary

On the next page you will find a Menstrual Blood Loss Diary. Please would you place a tick under the day and next to the box that represents how marked your sanitary materials are each time you change them. Please enter a tick each time you change your tampon or towel.

For example: on day 1 you use 6 tampons and 5 on day 2, you would mark the chart as follows:

Tampon	Day 1	Day 2	etc	etc
	✓✓✓✓✓	✓✓✓		
	✓✓	✓✓		

Record clots by indicating whether they are approximately 2 centimetres or for larger clots – approximately 3 centimetres

For example: under day 1 you may say that you had 1 clot of approximately 2 centimetres and 3 clots of approximately 3 centimetres - you would write this as 1 x 2cm, 3 x 3cm. Record any incidences of flooding by placing a tick mark in the flooding row under the relevant day.







Please following page for your daily blood loss diary

Baseline Menstrual Blood Loss Diary

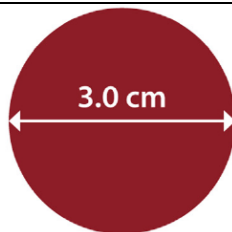
Day 1 of Menstruation:

-
 -

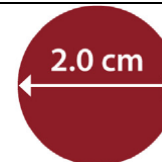
Please continue diary with days 15 to 28 on the following page.....







	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Towels		No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>
														
														
														
Tampons														
														
														
														
Small Clots / Flooding														
Large Clots / Flooding														

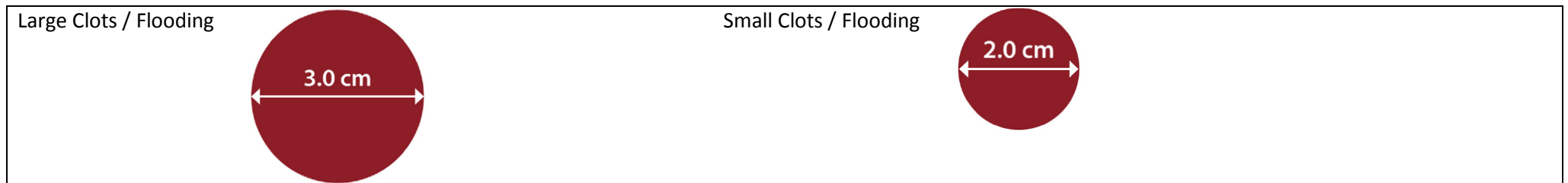
Large Clots / Flooding



Small Clots / Flooding



	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Towels	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>	No bleeding <input type="checkbox"/>
														
														
														
Tampons														
														
														
														
Small Clots / Flooding														
Large Clots / Flooding														



References:
 Higham JM, O'Brien PM, Shaw RW. Assessment of menstrual blood loss using a pictorial chart. *Br J Obstet Gynaecol.* 1990;97(8):734-9.
 Donnez J, Hudecek R, Donnez O, Matule D, Arhendt HJ, Zatik J, Kasilovskiene Z, Dumitrascu MC, Fernandez H, Barlow DH, Bouchard P, Fauser BCJM, Bestel E, Terrill P, Osterloh I, Loumaye E. Efficacy and safety of repeated use of ulipristal acetate in uterine fibroids. *Fertility and Sterility.* 2015; 103, (2), 519-527.e3