

SCHWARZBEIN

I N S T I T U T E

Menstrual Calendar Instructions

This Menstrual Calendar is used to help keep track of your monthly withdrawal bleed so that I can determine needed changes to your hormone dosages. Remember, we are expecting normal responses to restoring hormone balance. Correctly restoring E2 & P4 creates the same conditions that used to cause your monthly bleed, therefore, you will start to have a “period” again, i.e., a monthly withdrawal bleed.

Normally, this monthly bleed will occur anywhere from the last few days of your taking progesterone to two days after the last progesterone dosage of the “new” cycle. For instance, give or take a few days:

- ✦ If you take progesterone on calendar days 1 to 14, a normal time to start your withdrawal bleed would be between calendar days 12 to 16.
- ✦ If you are on progesterone from calendar days 15 to 28, you should expect your bleed to begin between calendar days 26 to 30.
- ✦ If you are cycling on days 18 to 28 (not calendar days, but cycle days) then, when you are back in balance, you should expect your bleed to start somewhere between cycle days 26 to 2.

When your hormones are balanced, you should expect to see normal flow and normal consistency.

- ✦ Your flow should be similar to what it was prior to menopause, and there should be minimal to no clotting.
- ✦ If your flow is scanty, it indicates that, either your estradiol dosage is too low, your progesterone dosage is too high, or both.
- ✦ If you are experiencing a lot of clotting or are having heavy periods, it is likely that your progesterone dosage is too low and/or your estradiol dosage is too high. Be sure to let me know if this occurs.

Marking Your Calendar

- ✦ Use the same calendar continuously for each calendar year; start a new calendar each January.
- ✦ Bracket the days you start and stop the supplemental progesterone to: 1) help you remember when to start and stop your progesterone; and, 2) to help me to assess your current hormone dosages and your flow in respect to your progesterone phase.
- ✦ Mark the calendar using the appropriate symbol to indicate the amount of your daily flow. Place these symbols in the boxes above the respective dates of your withdrawal bleed. The number of hours shown below the symbols refers to the frequency with which you are having to change your tampon or sanitary napkin. In making your assessment, factor in the type of tampon/napkin you are using – e.g., superabsorbent or light day tampon/pad. Please note that “Very Heavy” means you are bleeding excessively, such that it feels life threatening. Otherwise, if you are bleeding “heavily,” but it is not life threatening, mark the calendar as “Heavy.”