

# Bleeding health history

This tool can help you and your doctor better understand your health and bleeding history

## Do you have a history of any of these events?

- |                                                                                |                                                                        |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Bleeding through a pad or tampon within an hour       | <input type="checkbox"/> A lot of bruising of unknown origin           |
| <input type="checkbox"/> Blood clots larger than a quarter during menstruation | <input type="checkbox"/> Nosebleeds lasting longer than 10 minutes     |
| <input type="checkbox"/> Pain with ovulation                                   | <input type="checkbox"/> A lot of bleeding from minor injuries or cuts |
| <input type="checkbox"/> Bleeding through bed sheets                           | <input type="checkbox"/> Too much bleeding after dental extractions    |

Have any of the symptoms above affected your daily life? If yes, please explain.  YES  NO

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Do you have a history of periods lasting longer than 7 days? If yes, please explain.  YES  NO

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Have you been prescribed hormone therapy or an IUD to help reduce uterine bleeding? If yes, please explain.  YES  NO

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Has a hysterectomy or endometrial ablation been suggested to help with uterine bleeding? If yes, please explain.  YES  NO

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Have you had a lot of post-surgical or post-partum bleeding (immediate or delayed) that resulted in needing more treatment? If yes, please explain.  YES  NO

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Have you missed school or work because of heavy bleeding? If yes, please explain.

YES

NO

Do you have a history of joint swelling or pain?

YES

NO

Have you had blood transfusions due to a lot of bleeding? If yes, please explain.

YES

NO

Do you have a family history of bleeding? If yes, please explain.

YES

NO

Has a family member been diagnosed with a bleeding disorder? If yes, please explain.

YES

NO

Please list your current medications:

We're here to help. Optum Women's Bleeding Disorder Support provides you with the resources and care you need.

To learn more, visit [optum.com/OWBDS](https://www.optum.com/OWBDS).

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