

Figure 1. Pictorial Blood Assessment Chart and Scoring System for Assessment of Menstrual Blood Loss

How to use the PBAC scoring system:

- During the course of your period record your use of tampons and sanitary towels by placing a tally mark under the day next to the box that represents how stained your sanitary materials are each time you change them.
- Record clots by indicating whether they are the size of a 1p or 50p coin in the clots/ flooding row under the relevant day. E.g. under day 1 you may say 50p x 1 and 1p x 3.
- Record any incidences of flooding by placing a tally mark in the clots/ flooding row under the relevant day.

Scores:

- A lightly stained towel (pic 1) will score 1 point, a moderately stained towel (pic 2) 5 points, a towel which is saturated with blood (pic 3) will score 20 points.
- A lightly stained tampon (pic 4) will score 1 point, a moderately stained tampon (pic 5) 5 points and a tampon that is fully saturated will score 10 points
- A clot the size of 1p scores 1 point, a 50p sized clot scores 5 points and flooding also scores 5 points

Results

Once you have finished your period total up your scores. A score of 100 or greater may indicate that you have heavy periods and you should seek advice from your doctor. However if your score is less than 100 and you have concerns about your period you should always consult your GP.

NAME:
DAY START:

SCORE:

DAY

	1	2	3	4	5	6	7	8
TOWEL								
								
								
								
CLOTS/ FLOODING								
TAMPON	1	2	3	4	5	6	7	8
								
								
								
CLOTS/ FLOODING								

Higham et al, (1990), Assessment of menstrual blood loss using a pictorial chart, British Journal of Obstetrics & Gynaecology, 97, pp734-739. Reproduced with permission