

San Diego Fertility Acupuncture
Jessica Chalnck, L.Ac., MSTOM

1991 Village Park Way, Suite 203B Encinitas, CA 92024 o:(888) 341-1511 www.sdfertilityacupuncture.com

NAME (LAST, FIRST, MIDDLE) DATE

Age at which menses began

Are your periods painful? Yes No

How many days does the pain last?

How many days do you normally bleed?

How heavy is the bleeding? Light Normal Heavy

What color is the blood? Light red Red Dark red Purple Brown Black

Is there clotting? Yes No

Do you have premenstrual tension? Yes No

Does your face break out before or during your period? Yes No

Do your breasts become tender premenstrually? Yes No

Do you bleed or spot between periods? Yes No

Are your menstrual cycles spaced irregularly? Yes No

How many days are there from one period to the next?

Date of last menstrual period

How many pregnancies have you had? Number Years

How many children do you have?

How many abortions have you had?

How many miscarriages have you had?

How many times D&C been performed?

Have you ever had an abnormal pap smear? Yes No

Have you ever had a cervical biopsy, operation, Cauterization or conization? Yes No

Have you ever had a venereal disease? Yes No

Do you get yeast infections regularly? Yes No

Have you ever been diagnosed with Chlamydia? Yes No

Do you have chronic vaginal discharge? Yes No

Do you have any sores on your genitalia? Yes No

Have you ever had pelvic inflammatory disease? Yes No

Were you treated for it? Yes No

How?

Date of last Pap smear

Have you ever been diagnosed with uterine fibroids or polyps? Yes No

Have you ever been diagnosed with endometriosis? Yes No

Have you been diagnosed with pelvic adhesions? Yes No

Have you been diagnosed with any pelvic abnormalities? Yes No

Have you taken any medications for gynecological conditions other than contraceptives? Yes No

Table with 3 columns: Medication, Reason, How Long

Have your cycles changed since they began? Yes No

How?

Do you ovulate on your own? Yes No

On what day of your cycle?

What method do you use to determine ovulation?

Do your breasts get tender at/during ovulations? Yes No

Do you have pain or cramping during ovulation? Yes No

Do you get premenstrual low back pain? Yes No

Do your bowel movements become loose at the beginning of your period? Yes No

Women's Health History *Continued*

Have you, or are you currently going through menopause?

Yes No

If yes, please list your symptoms:

Symptom	Onset	Medications
_____	_____	_____
_____	_____	_____
_____	_____	_____

How is your sexual energy? Low Normal High

Do you douche regularly? Yes No

Do you use vaginal lubricants? Yes No

Are you more than 20% over your ideal body weight? Yes No

Are you more than 20% below your ideal body weight? Yes No

Do you have a stressful occupation? Yes No

Do you exercise regularly? Yes No

What do you do for exercise? _____

Do you have excessive facial hair? Yes No

Do you have excessively oily skin? Yes No

Have you experienced excessive loss of head hair? Yes No

Have you noticed discharge from your nipples? Yes No

Was your mother exposed to diethylstilbestrol (DES) when she was pregnant with you? Yes No

Have you been exposed to any known environmental toxins or hormones? Yes No

Are you presently taking steroids? Yes No

COMMENTS / NOTES

Fertility Patients Only

How long have you been trying to conceive? _____

Have you had fertility treatments? Yes No

If yes, when and where? _____

By whom? _____

What types? _____

Have you taken medication to help you ovulate? Yes No

When? _____

Have your fallopian tubes been evaluated medically? Yes No

What were the results? _____

Have you had any tubal operations? Yes No

Have you had any hormone laboratory tests performed? Yes No

What were the results? _____

Do you have a single partner with whom you have been trying to conceive? Yes No

How long have you been married or living together? _____

Has he had a fertility workup? Yes No

What were the results? _____

Is your partner supportive of your wish to conceive? Yes No

Have you taken oral contraceptives? Yes No

When? _____ What kind? _____

Have you ever had an IUD? Yes No

When? _____

Have you had a diagnosis relating to infertility? Yes No

What was it? _____

COMMENTS / NOTES