

## **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 nickel or quarter coins in the clots/ flooding row under the relevant day. E.g. under day 1 you may say quarter x 1 and nickel 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 a nickel scores 1 point, a quarter sized clot scores 5 points and flooding also scores 5 points

