MENSTRUAL CATEGORISATION SYSTEM

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Follow the flowchart and tick the category that best describes you – if there is not a category that describes you please choose the currently unknown box. *Unless specifically stated, final categories lined in blue do not warrant any further action. START HERE Use this chart as a Use this chart as a chistory or coach, practitioner, coach, practitioner, coach, practitioner, athlete, to categorise athlete, to categorial hormonal researcher tuall hormonal menstruall hormonal coategorise. **Important:** This flowchart is for Do you currently use any form of hormonal individuals who have contraceptive? reached menarche, and those who haven't yet reached perimenopause/ menopause. Yes No Help: Combined = contraceptives containing both a synthetic oestrogen and progestin component. **Help:** Regular = every 21 to 35 days (i.e., at least 10 Do you use a combined periods in the last Do you have regular periods? hormonal contraceptive? 12 months or at least 5 periods in the last 6 months). Yes No Yes No **Help:** Ovulation = release of an egg from the ovaries (usually occurs at the mid-point of each cycle). Help: Mono = Combined Same dose of hormones oral pills Do you ovulate? **Important:** Any final everyday. Help: As categorisation only Triphasic = verified by Change in represents current status a positivé hormone dose (i.e., over the last 3-6 ovulation months) and it's possible each week. ★ test! that individuals will transition in and out of Monophasic pill (21 pill Triphasic (21 Continuous these categories. As such, pill days with (hormonal days with 7 7 pill free pill daily with regular monitoring is No, I don't! Yes, I do! no pill-free/ pill free days days or recommended and or placebo) placebo) placebo) attention should be paid to any changes! OR I don't know? Vaginal ring Investigate: Using urinary luteinising hormone kits. **Anovulatory cycle** Patch Without copper intrauterine system With copper intrauterine system Action: please consult a clinician to discuss your menstrual status; for further investigation and to Help: This is best Have you had your middiscuss possible options. conducted by a specialist to rule out any potential luteal phase progesterone luteal phase deficiency. confirmed? Progestin-Help: Refers to only oral pill Do you have any cycles outside of irregular periods? 21 to 35 days range. Yes No Progestinonly implant Investigate: Using a mid-luteal blood sample. OR Yes No Progestin-OR IF TEST NOT only injection AVAILABLE OR Naturally menstruating Progestin-only intrauterine Without copper intrauterine system With copper intrauterine system system Action: please consult a clinician to discuss your menstrual status; for further investigation and to discuss possible options. Amenorrhea Absence of >3 consecutive periods Without copper intrauterine system With copper intrauterine system Eumenorrheic Polymenorrhea Oligomenorrhea Action: please consult a clinician CYCLES > 35 DAYS **CYCLES < 21 DAYS** to discuss your menstrual status; for further investigation and to Without copper intrauterine system Without copper intrauterine system Without copper intrauterine system discuss possible options. With copper intrauterine system With copper intrauterine system With copper intrauterine system Current status is unknown (and further investigation is needed in order to be able to classify)