



Votre Calendrier

Utilisez votre calendrier pour suivre vos pertes de sang menstruelles.



Comment l'utiliser

Utilisez ce calendrier menstruel pour aider votre gynécologue à évaluer l'abondance de vos règles. Votre médecin pourra ensuite vous orienter au mieux vers le traitement le plus adapté.

- 1 Renseignez le mois.**
- 2 Précisez le nombre de serviettes et/ou tampons** utilisés durant chaque journée.
- 3 Une fois le calendrier complété, reprenez rendez-vous avec votre gynécologue** pour avoir son avis sur le traitement le plus adapté à votre cas.

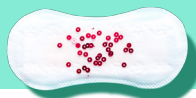
MOIS

ANNÉE

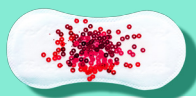
DATE DE NAISSANCE

SERVIETTES

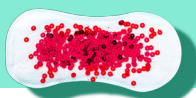
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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TAMPONS

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Commentaires