



# Female Health History Questionnaire

Client Name: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Occupation: \_\_\_\_\_

1. What is the reason for this visit?

2. List any medications you are currently taking:

3. Any known drug allergies?

4. List natural supplements, herbs, remedies, including athletic performance supplements you are currently taking:

5. List your history of GYN procedures or surgeries (ovaries, hysterectomy, tubal ligation, breast, etc.):

6. Date of last pelvic/gynecological exam: \_\_\_\_\_ Last Pap Test: \_\_\_\_\_ Last mammogram: \_\_\_\_\_

7. Last thermography? \_\_\_\_\_ Unusual results? \_\_\_\_\_

8. List significant non-GYN health issues (diabetes, surgeries, etc.):

Client Name: \_\_\_\_\_

LIFESTYLE INDICATORS	< = less than		> = greater than	
1. Do you use any of the following? (circle responses)				
Alcohol	None	<2 drinks/day	>2 drinks/day	or stopped recently _____ (when?)
Coffee	None	<2 drinks/day	>2 drinks/day	or stopped recently _____ (when?)
Soda	None	<2 drinks/day	>2 drinks/day	or stopped recently _____ (when?)
Sweets/refined carbs	None	<2 drinks/day	>2 drinks/day	or stopped recently _____ (when?)
2. Do you smoke cigarettes/cigars or use nicotine gum or other stimulants? (circle) <b>Y</b> <b>N</b> Amount_____				
3. How would you rate your stress level? (1=Low, 10=Extreme) 1 2 3 4 5 6 7 8 9 10				
4. How would you rate your stress handling? (1=Low, 10=Extreme) 1 2 3 4 5 6 7 8 9 10				
5. How often do you exercise? never rarely sometimes regularly competitively				

<b>INSTRUCTIONS: Check either "Ongoing" or "Just w/period" for each problem that applies to you. Check both if the problem is ongoing and worse with your period. Then rate the severity.</b>						
Signs & Symptoms	Ongoing	Just w/period	Mild	Moderate	Severe	More Information
Mood swings						
Anxiety / nervousness						
Overly reactive / Short fuse						
Irritability						
Depression						
Lowered self-esteem / self-image						
Caretake others before yourself						
Sadness/Crying						
Foggy thinking						
Memory difficulties						
Fatigue						
Constant hunger						
Sweet cravings (carbs/chocolate)						

Client Name: \_\_\_\_\_

Signs & Symptoms	Ongoing	Just w/ period	Mild	Moderate	Severe	More Information
Caffeine / Stimulant cravings						
Salt cravings						
Headaches / migraines						
Body / Joint aches / Backache						
Weight gain						
Weight loss						
Water retention						
Bloating						
Irritable bowel						
Constipation						
Light colored stool						
Loose stool / Diarrhea						
Nausea / vomiting						
Acne						
Excessive facial hair						
Body / Head hair loss						
Dry skin / Brown spots						
Lowered libido						
Heightened libido						
Hot flashes						
Night sweats						
Breast tenderness / swelling						
Nipple discharge						
Vaginal infections						
Urinary frequency						
Incontinence						
Vaginal dryness						
Painful intercourse						

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**REPRODUCTIVE HEALTH HISTORY** (please fill in or circle the appropriate answer)

1. Age at onset of menarche (first period): \_\_\_\_\_ Approximate date of onset: \_\_\_\_\_

2. Are you currently using a method of birth control? Yes No

If yes, what method? \_\_\_\_\_

3. Are you, or have you used (please circle) oral, injected, patch, or ring hormone contraceptives, or used Emergency Contraception (aka "the day after" pill)? Yes No

When and for how long? \_\_\_\_\_

4. Are you, or have you used an IUD? Yes No If using, when and for how long? \_\_\_\_\_

What type of IUD did you use? copper hormone other \_\_\_\_\_

5. Please describe problems that you may have experienced associated with the use of any and all birth control methods (such as yeast, heavy/light bleeding, mood, weight gain, acne, sweet cravings, fatigue, depression, palpitation, etc):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Have you used, or are you currently using fertility or treatment? Yes No

If yes, please explain: \_\_\_\_\_

7. Have you used, or are you currently using, bioidentical hormones (such as DHEA, pregnenolone, progesterone, estrogen, testosterone, etc)? Yes No If yes, what hormone(s), dosage, and for how long? (Specify dates of use)

\_\_\_\_\_  
\_\_\_\_\_

8. Have you been pregnant before? Yes No Age(s) of children: \_\_\_\_\_

Number of pregnancies? \_\_\_\_\_ Details / Complications? \_\_\_\_\_

Number of live births: \_\_\_\_\_

Miscarriages: \_\_\_\_\_

Premature births \_\_\_\_\_

Cesarean births: \_\_\_\_\_

Stillbirths: \_\_\_\_\_

Abortions: \_\_\_\_\_

Ectopic pregnancies: \_\_\_\_\_

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9. If you had a miscarriage, how many weeks pregnant were you? \_\_\_\_\_

10. Have you had an abnormal Pap test?      Yes      No      Diagnosis/Reason \_\_\_\_\_

Treatment and/or Medication \_\_\_\_\_

11. Have you had a vaginal infection?      Yes      No      If yes, what? \_\_\_\_\_

Treatment and/or Medication \_\_\_\_\_

12. Any history of....      Ovarian cysts?      Yes      No      Uterine fibroids?      Yes      No

Polycystic ovarian syndrome (PCOS)      Yes      No      Endometriosis?      Yes      No

**FOR CYCLING-AGE WOMEN** (please fill in or circle the appropriate answer)

1. First day of last menstrual period (LMP): \_\_\_\_\_      Have you had a tubal ligation?      Yes      No      When? \_\_\_\_\_

2. Has there been any recent change in your cycle or symptoms associated with your cycle?      Yes      No

If yes, please give details: \_\_\_\_\_

3. How many days is your current cycle? (Counted from the first day of your period to the first day of your next period)

<20      20-30      30-40      40-50      >50

4. How many days does menstruation typically last? \_\_\_\_\_

5. Is your cycle regular?      Yes      No      Not Always      Details: \_\_\_\_\_

6. Typical menstrual flow:      Light      Medium      Heavy      Details: \_\_\_\_\_

7. How many pads and/or tampons (circle) are used on heavy days? \_\_\_\_\_

8. Do you pass clots?      Yes      No      How often? \_\_\_\_\_

9. Do you spot?      Yes      No      At what point in your cycle? \_\_\_\_\_

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10. Do you experience cramping?      None              Mild              Moderate              Severe

At what point in your cycle? \_\_\_\_\_

11. Do you experience abnormal vaginal discharge?    Yes    No    If yes, when? \_\_\_\_\_

12. Do you experience vaginal itching and/or odor?    Yes    No    If yes, when? \_\_\_\_\_

13. Do you experience breast tenderness?      None    Mild    Moderate    Severe

At what point in your cycle? \_\_\_\_\_    Change in breast size?    Yes    No

14. Do experience nipple discharge?    Yes    No    If yes, when? \_\_\_\_\_    Color? \_\_\_\_\_

**FOR MENOPAUSAL WOMEN** (please fill in or circle the appropriate answer)

1. Your age at the onset of menopause: \_\_\_\_\_      Year of onset: \_\_\_\_\_

2. Have you had a hysterectomy? (circle)      complete (ovaries AND uterus)      partial (uterus only)

3. Date of hysterectomy: \_\_\_\_\_      Reason for: \_\_\_\_\_

4. List any other GYN-related surgeries: \_\_\_\_\_

5. Describe your experience transitioning into menopause (symptoms, strong emotions, thoughts, unusual stressors, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Have you used, or are you currently using, conventional hormone replacement therapy (HRT)?      Yes    No

If yes, what were you prescribed? \_\_\_\_\_

What dosage? \_\_\_\_\_      For how long? \_\_\_\_\_

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7. Have you used, or are you currently using bioidentical hormone creams/gels/sublingual, troche, oral? Yes No

If yes, what? \_\_\_\_\_

What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_

8. Have you utilized any alternative, complementary, or natural remedies in your management of menopause? Yes No

If yes, what? \_\_\_\_\_

For how long? \_\_\_\_\_

9. Have you had, or do you have any vaginal spotting or bleeding since menopause? Yes No

If yes, when? \_\_\_\_\_ Were you evaluated and/or treated by a GYN? Yes No

Treatment: \_\_\_\_\_

**PLEASE DESCRIBE YOUR CYCLE HISTORY.**

10. How would you have described your menstruation?

Easy Uncomfortable Difficult Debilitating

11. What was your typical menstrual flow? Light Medium Heavy

12. When you were cycling, would you consider your cycle regular? Yes No

If no, please explain: \_\_\_\_\_

13. Please describe any "treatment" ever received for cycle issues: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SLEEP HABITS**

1. How do you sleep? Well Trouble falling sleep Trouble staying asleep Insomnia

How long has this been happening? \_\_\_\_\_

2. How many hours do you sleep a night on average? \_\_\_\_\_

3. Do night sweats wake you up? Yes No How often? \_\_\_\_\_

4. Do you wake up tired? Yes No How long has this been happening? \_\_\_\_\_

5. Is your room completely dark when you sleep at night? (no night light, street lamp, TV, etc) Yes No

6. Do you get at least 30 minutes of outside daylight time, several days each week? Yes No