

Detailed history including:

- Menstrual: menarche, frequency, duration, how often saturating pad/tampon, pain/cramping, LMP
- Sexual: gender, sexual orientation, sexual behavior (types of sex, contraception, condom/barriers)
- Bleeding: (modified from ACOG Committee Opinion 785, 2019):
 - 1. Does your period usually last 7 or more days?
 - 2. Do you experience "flooding" or overflow your pad/tampon in 2 hours or less during most periods?
 - 3. Have you ever been treated for anemia?
 - 4. Has anyone in your family been diagnosed with a bleeding/clotting disorder?
 - 5. Have you had excessive bleeding after a dental procedure or surgery?
 - 6. Have you ever had a blood clot in your body (ie VTE)?

Physical exam including orthostatic vital signs, external genital exam (prn), abdominal exam, skin exam (petechiae/bruising).







