

### Menses/Menstruation Changes<sup>16</sup>

- Have you had any periods (menstrual cycles) in the last 3 months? (We mean bleeding for which you needed a tampon or sanitary pad, NOT discharge (spotting) for which you needed a panty liner only)
  - No
  - Yes

#### **If you have NOT had periods in the last 3 months:**

- What was the reason for not having periods?
  - Taking hormones continuously (e.g. the Pill, injections, Mirena, HRT)
  - Pregnant/breastfeeding
  - Unsure
  - Other (Please describe) \_\_\_\_\_
- The figure below shows examples of the amount of bleeding you can experience **every four hours** during your period (menstrual cycle). Please describe the amount of bleeding you typically experience **at its heaviest**, and **on average**.

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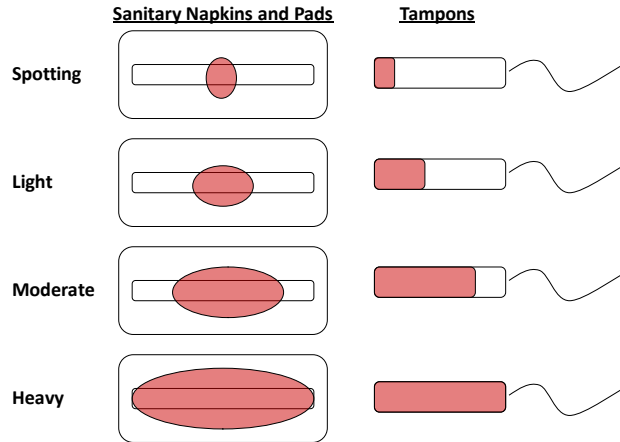
<sup>16</sup> Adapted from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4252538/#SD1>

**At its heaviest?**

- Spotting
- Light
- Moderate
- Heavy

**On average?**

- Spotting
- Light
- Moderate
- Heavy



We are interested in what your period (menstrual cycle) was like when you were **NOT using hormonal contraception** (the Pill, patch, ring, injection or hormonal IUD). For each time period, please tell us if you had periods and what they were like. If you did not have periods or were using hormonal contraception the whole time, please enter the code for “no” or “used hormonal contraception” in the first row and then skip the rest of the column.

Please add the Code number in the appropriate column	[3 months] Pre- COVID diagnosis <i>(skip if you have not been diagnosed)</i>	Post-COVID diagnosis <i>(skip if you have not been diagnosed)</i>	[3 months] Pre- Vaccine <i>(skip if you have not been vaccinated)</i>	Post-Vaccine <i>(skip if you have not been vaccinated)</i>
<b>Did you have natural periods during this time period? (not on hormonal contraception)</b> 1=Yes 2=No 3=Used hormonal contraception for entire time frame	_____ If 1 entered above, please complete questions below	_____ If 1 entered above, please complete questions below	_____ If 1 entered above, please complete questions below	_____ If 1 entered above, please complete questions below
<b>Were your periods regular when not using hormonal contraception?</b> 1=extremely regular (period starts 1-2 days before or after it is expected) 2=very regular (period starts 3-4 days before or after it is expected) 3=regular (period starts 5-7 days before or after it is expected) 4=somewhat irregular (period starts 8-20 days before or after it is expected) 5=irregular (period starts more than 20 days before or after it is expected)	_____	_____	_____	_____
<b>How many days of bleeding did you usually have each period when not using hormonal contraception? (Not counting discharge or spotting for which you needed a panty liner only)</b>	_____ days or <input type="checkbox"/> Too irregular to say	_____ days or <input type="checkbox"/> Too irregular to say	_____ days or <input type="checkbox"/> Too irregular to say	_____ days or <input type="checkbox"/> Too irregular to say

<p><b>How heavy was your menstrual flow at its heaviest and on average, when not using hormonal contraception? Please use the figure on the previous page to describe the amount of bleeding that you typically experienced every four hours.</b></p> <p>1=Spotting 2=Light 3=Moderate 4=Heavy (clots/flooding)</p>	<p>At its heaviest: _____</p> <p>On average: _____</p>	<p>At its heaviest: _____</p> <p>On average: _____</p>	<p>At its heaviest: _____</p> <p>On average: _____</p>	<p>At its heaviest: _____</p> <p>On average: _____</p>
<p><b>On average, how many days were there between the start of one period and the start of the next, when not using hormonal contraception?</b></p> <p>1=&lt;24 days 2=24-31 days 3=32-38 days 4=39-50 days 5=51+ days 6=Too irregular to estimate</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>

- Has there been a time in your life pre-COVID 19 vaccine or COVID-19 diagnosis when you typically had pelvic pain during your periods?
  - No pain
  - Mild cramps (medication never or rarely needed)
  - Moderate cramps (medication usually needed)
  - Severe cramps (medication and bed rest needed)
  - At what age did you start having period pain? \_\_\_\_ years
  
- Has there been a time in your life post-COVID 19 vaccine when you typically had pelvic pain during your periods?
  - No pain
  - Mild cramps (medication never or rarely needed)
  - Moderate cramps (medication usually needed)
  - Severe cramps (medication and bed rest needed)