

Irregular Periods & PCOS Self-Check

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

Tick what applies (last 3-6 months):

Cycle

- ☐ Cycles are usually more than 35 days apart.
- ☐ Fewer than 8 periods/year (or long gaps).
- ☐ Periods are unpredictable (very irregular).
- ☐ Very heavy bleeding after a long gap.

Skin / hair

- ☐ Acne that is new or worsening (often jawline).
- ☐ Increased facial/body hair (chin/upper lip/chest/abdomen).
- ☐ Scalp hair thinning or increased hair fall.

Metabolic

- ☐ Waist weight gain or difficulty losing weight.
- ☐ Dark velvety patches on neck/armpits (acanthosis).

Quick notes (fill in):

Last period start: __ / __ /

Shortest cycle: _____ days

Longest cycle: _____ days

Book a check-up if ANY apply:

- Cycles often >35 days, or no period for 3+ months.
- Irregular cycles plus acne/hair changes.
- Planning pregnancy or worried about fertility.

Urgent care today if:

- Very heavy bleeding with dizziness/fainting.
- Possible pregnancy + pain/bleeding, or severe pain with fever/vomiting.

Irregular periods are your body's dashboard light - let's read it together.

Bring this page and say: "I want to understand why my cycles are irregular and what I can do safely."

Important: Many conditions can cause irregular cycles. Tests may be needed.

Evita GyneCare Clinic

Irregular Periods & PCOS (visit prep)

Bring this to help your doctor plan the right evaluation.

Bring / note these:

- Dates of your last 3 periods (or how long since the last one).
- Any weight change in the last 6-12 months.
- Acne/hair changes and when they began.
- Current medicines (steroids, hormones, supplements).
- Family history: diabetes, thyroid disease, PCOS.
- Pregnancy plans (now/later) and contraception used.

What your clinician may do:

- Rule out pregnancy; consider thyroid/prolactin tests if needed.
- Check metabolic health (blood sugar, BP, lipids) based on risk.
- Ultrasound and other tests depending on your story.

Small steps now can prevent bigger problems later.

To book: evitagynecarehospital.com