



Irregular periods and PCOS

Irregular periods have many causes, and polycystic ovary syndrome (PCOS) is one of the most common. This guide helps you record your cycle pattern and the signs a doctor looks for.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ My cycle (first day of one period to the first day of the next) is often longer than 35 days
- ☐ I have fewer than eight periods a year, or my periods have stopped
- ☐ My cycle is often shorter than 21 days
- ☐ I have extra hair on my face, chest or tummy
- ☐ I have persistent acne, especially along the jaw
- ☐ My scalp hair is thinning
- ☐ I have gained weight around my waist, or find it hard to lose weight
- ☐ I have dark, velvety skin on my neck or underarms
- ☐ I have been trying to get pregnant for some time
- ☐ Diabetes, PCOS or thyroid problems run in my family

GET HELP NOW IF

- You have a positive pregnancy test with pain or bleeding
- You have very heavy bleeding after a long gap, soaking a pad in under an hour
- You have severe pelvic pain

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



CYCLE RECORD: YOUR LAST SIX PERIODS

Period started	Period ended	Days since last period	Flow: light, normal or heavy	Notes

BEFORE YOUR VISIT

- If your period is late and you could be pregnant, take a pregnancy test.
- Note your weight and any recent change.
- Bring previous hormone test or ultrasound reports.
- Tell the doctor if you are planning a pregnancy, now or later.

QUESTIONS YOU MAY WANT TO ASK

- Do I have PCOS, and how is it confirmed?
- Which blood tests do I need?
- How does this affect my chances of pregnancy and my long-term health?

