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| **Date** | ***Example:***  ***February 1*** |  |  |  |  |  |  |  |
| Medications taken/time:  misoprostol (M), Naproxen (N), Tylenol #3 (T3), Advil (A), Gravol (G), etc | *Mx4 2:00 pm*  *Tx2 3:00 pm* |  |  |  |  |  |  |  |
| Bleeding  Heavier than period (H),  Clots (C),  Moderate/like period (M), Lighter (L), spotting (S) | *H 3-5 pm*  *C 3-5 pm*  *M after 6 pm* |  |  |  |  |  |  |  |
| Pain on scale from 1-10 | *5, then 3* |  |  |  |  |  |  |  |
| Any other symptoms (for example):   * nausea * vomiting * fever * chills * diarrhea * headache * fatigue | *Nausea*  *headache* |  |  |  |  |  |  |  |