# Sports medicine PPE interview for women

(Version: 01.02.2023)

Name, first name:       Date of birth:

Sport and discipline:       Date of examination:

1. **How is your period going?**

None yet (if this box is ticked, then the other questions no longer need to be answered)

weak  medium  strong

lasts more than 7 days  period pain  bleeding between periods

none since

1. **What is the interval between periods?**

irregular  3 weeks  4 weeks  5 weeks  6 weeks  > 6 weeks

1. **How long ago was the start of your last period?**

less than 1 month  1-2 months  3-6 months  more than 6 months  more than 1 year

1. **At what age did you have your first menstrual bleeding (menarche)?**

      years

1. **Are you taking a contraceptive pill or other hormonal preparations?**

yes  no

If yes, which ones?       since when?

1. **Are you currently pregnant?**

yes  no  unsure

1. **Have you ever been pregnant?**

yes  no

If yes, number of births, any other relevant information?

1. **When did you last have a gynaecological examination?**

Never:  Last examination was (date or year)?

1. **Have you ever had gynaecological problems?**

yes  no

If so, which ones?

1. **Do you have other questions about gynaecological problems that you would like to clarify (e.g. delaying of the**

**menstrual cycle during competitions etc.)?**

yes  no

If yes, which ones?