

## 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

### 2. What is the interval between periods?

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

### 3. 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

### 4. At what age did you have your first menstrual bleeding (menarche)?

years

### 5. Are you taking a contraceptive pill or other hormonal preparations?

yes  no

If yes, which ones?

since when?

### 6. Are you currently pregnant?

- yes       no       unsure

### 7. Have you ever been pregnant?

yes  no

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

### 8. When did you last have a gynaecological examination?

Never:  Last examination was (date or year)?

### 9. Have you ever had gynaecological problems?

yes  no

If so, which ones?

### 10. 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?