



Soulqi

Acupuncture & Massage

FERTILITY CHECKLIST

Please tick boxes that apply to you.

Blood Stasis

- ☐ Is your menstrual flow ever brown in colour?
- ☐ Do you feel mid cycle pain around your ovaries?
- ☐ Do you experience periodic numbness of your hands or feet?
- ☐ Do you have varicose veins or spider veins?
- ☐ Does your menstrual blood contain clots?
- ☐ Is your lower abdomen tender to palpation (touch)?
- ☐ Do you experience piercing or stabbing menstrual cramps?
- ☐ Do you have dark spots in your vision?

Liver Qi Stagnation

- ☐ Are you prone to emotional depression?
- ☐ Are you prone to anger or rage?
- ☐ Do you suffer from PMS?
- ☐ Are your breasts sore or sensitive at ovulation?
- ☐ Do you experience premenstrual breast distension or pain?
- ☐ Have you been diagnosed with high prolactin levels?
- ☐ Do you become bloated premenstrual?
- ☐ Do you have difficulty falling asleep at night?
- ☐ Do you experience heartburn or wake up with a bitter taste in your mouth?
- ☐ Are your menses painful?
- ☐ Do you feel your menstrual cramps in the external genital area?
- ☐ Is the menstrual blood thick and dark, or purplish in colour?

Heart Deficiency

- ☐ Do you wake up early in the morning and have trouble getting back to sleep?
- ☐ Do you have heart palpitations, especially when anxious?
- ☐ Do you have nightmares?
- ☐ Do you seem low in spirit or lacking vitality?
- ☐ Are you prone to agitation or extreme restlessness?

- ☐ Do you fidget?
- ☐ Do you sweat excessively, especially on your chest?

Excess Heat

- ☐ Is your pulse rate rapid?
- ☐ Are your mouth and throat usually dry?
- ☐ Are you thirsty for cold drinks most of the time?
- ☐ Do you often feel warmer than those around you?
- ☐ Do you wake up sweating or have hot flushes?
- ☐ Do you break out with red acne?

Dampness

- ☐ Do you feel tired and sluggish after a small meal?
- ☐ Do you have fibrocystic breasts?
- ☐ Do you have cystic or pustular acne?
- ☐ Do you have urgent, bright or foul smelling stools?
- ☐ Does your menstrual blood contain tissue or mucus?
- ☐ Do your joints ache, especially with movement?
- ☐ Are you overweight?
- ☐ Are you prone to yeast infections and vaginal itching?
- ☐ Do you have damp, sticky, unformed stools?

Spleen Qi Deficiency

- ☐ Are you often fatigued?
- ☐ Is your energy lower after a meal?
- ☐ Do you feel bloated after eating?
- ☐ Do you crave sweets?
- ☐ Do you have abdominal pain or digestive problems?
- ☐ Are your hands and feet cold?
- ☐ Is your nose cold?
- ☐ Are you prone to heaviness or foggiess in the head?
- ☐ Do you bruise easily?
- ☐ Do you have poor circulation?
- ☐ Do you have varicose veins?
- ☐ Are you prone to worry?
- ☐ Have you been diagnosed with low blood pressure?
- ☐ Do you sweat a lot without exerting yourself?
- ☐ Do you feel dizzy or light headed, or have visual changes when you stand up fast?
- ☐ Is your menstruation thin watery or pinkish in colour?

- ☐ Are you more tired around ovulation or menstruation?
- ☐ Do you ever spot a few days or more before your period comes?
- ☐ Have you been diagnosed with anaemia?
- ☐ Do you have haemorrhoids or polyps?

Blood Deficiency

- ☐ Are your menses light and/or late?
- ☐ Do you have dry, flaky skin?
- ☐ Are you prone to getting chapped lips?
- ☐ Are your fingernails or toenails brittle?
- ☐ Are you losing hair on your head?
- ☐ Is your hair brittle or dry?
- ☐ Do you have diminished night-time vision?
- ☐ Do you get dizzy or light headed around your period?
- ☐ Do you get shortness of breath?
- ☐ Do you experience palpitations (Feel your heart beat in your chest)?

Kidney Yin/Jing Deficiency

- ☐ Do you have lower back weakness, soreness or pain or knee problems?
- ☐ Do you have ringing in your ears or dizziness?
- ☐ Is your hair prematurely grey?
- ☐ Do you have vaginal dryness?
- ☐ Do you have dark circles around or under your eyes?
- ☐ Do you have night sweats or heat up at night?
- ☐ Are you prone to hot flushes?
- ☐ Do you experience fear in your life?

Kidney Yang Deficiency

- ☐ Is your lower back sore or weak?
- ☐ Do you have lower back pain premenstrual?
- ☐ Are your feet and hands cold?
- ☐ Are you typically colder than those around you?
- ☐ Is your libido low?
- ☐ Do you wake at night/early in the morning because you have to urinate?
- ☐ Do you urinate frequently and is the urine diluted?
- ☐ Do you have early morning loose bowels?
- ☐ Does your menstrual blood tend to be dull in colour?
- ☐ Do you feel cold cramps during your periods that responds to heat packs?