



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 diagnoses 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 fogginess 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 you 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?