## From *Managing Contraceptive Pill/Drug Patients*, 14<sup>th</sup> edition, by Richard Dickey, MD, PhD pages 172-177

### Adapted by Joyce J Penner, MN, RN – June 2010

### **Hormonal Symptom Survey**

Name	Date
Please mark an X by all symptoms you experience(d); please indicate when in your cycle these are true for you:	
Abdominal bloating	Flashing lights in vision
Abdominal cramping/pain	Frequent urination
Abnormal menses	Giddiness
Absence of menses	Hair increase
Acne	Hair loss
Acute myocardial infarction (heart attack)	Headache
Adenomyosis (internal uterine endometriosis)	Hearing changes
Adrenal Changes (as diagnosed by physician)	Hepatoma & malignant liver tumor
Amenorrhea (no periods/no menses)	High blood sugar
Anxiety	High blood pressure
Androgen sensitivity (acne, oily skin, male hair growth)	Hot feelings
Appetite increase	Hot flushes
Bloating	Hypertension
Blood clots	Hypoglycemia
Blurring of vision	Implants
Bone mass	Increase in Breast size
Breakthrough bleeding and spotting	Increased sex drive
Breast cancer	Insomnia
Breast lumps	Irregular menses
Breast pain	Insulin resistance
Breast size: decrease	Irritability
Breast swelling	Itching
Breath, shortness of	Jaundice
Brown patches on skin (chloasma/mask of pregnancy)	Laboratory test changes
Cardiovascular system symptoms	Lactation
Cerebrovascular accident(s) (stroke or TIA)	Leg pain, cramps & swelling
Cervical cancer	Leg pain, unilateral
Cervicitis	Libido change
Chest pain	Light headedness
Choleystitis/cholelithiasis (gall bladder diseases)	Listlessness
Cholestatic jaundice & purities (liver problems)	Lost vision
Cystic fibrosis	Low blood sugar
Decrease in sex drive	Lupus erythematosus
Depression	Melanoma
Diabetes mellitus (type I)	Menses, heavy
Dietary & exercise amenorrhea	Menopause
Diminished vision	Menstrual clots
Dizziness	Menstrual cramps
Double vision	Menstrual duration long
Duodenal & gastric ulcers	Menstrual spotting
Dysfunctional uterine bleeding	Menstruation late in cycle
Dysmenorrhea	Migraine headache
Edema	"Morning Sickness"
Emotional changes	Mouth sores
Endometriosis	Nausea/vomiting
Epilepsy	Numbness of arm or leg
Faintness	Oral lesions
Fatigue	Ovarian changes
Feet swelling	Ovarian dysgenesis (primary ovarian failure/Turner's)

Painful, urination

Fibrocystic breasts

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Fibroids (leiomyomas)
Paralysis, unilateral
Pins and needles feeling
Polycystic ovaries
Post-pill amenorrhea
Pregnancy-like feelings
Premature menopause

Premenstrual syndrome (PMS)

Premenstrual dysphoric disorder (PDD) Progesterone sensitivity/deficiency

Psychiatric disorders Pulmonary embolism

Rash

Respiratory infections Rheumatoid arthritis

Restlessness Seeing spots Seizures

Sexual drive changed Shortness of breath Skin eruption Sleepiness Smell, sense of Paralysis, bilateral

Spotting and breakthrough bleeding (BTB)

Stomach pain

Surgery/hospitalization (management of OC during)

Swelling Taste, sense of

Telangiectasias (liver spots or spider nevi)

Thrombophlebitis
Thyroid changes
Tingling in hands or feet

Tiredness Type II Diabetes

Ulcerative colitis and regional enteritis

Uterine changes

Vaginal changes or discharge

Visual changes Vomiting

Weakness, general Weakness of an arm or leg

Weight decrease Weight increase