Menstrual Pain & Cycle Symptoms

Patient: _____ Date: _____

STARTING TREATMENT PLAN

4–8 visits over 2–3 cycles

weekly / cycle-timed

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: less cycle-related pain and fewer disruptions to daily life.

AFTER YOUR TREATMENT

Track cycle dates, bleeding, pain and medicines; use approved comfort measures.

WE WILL TRACK

Pain, cycle pattern, medications and missed activities.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Very heavy bleeding, pregnancy-related pain, fainting or severe new pelvic pain requires urgent evaluation.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.