

MENSTRUAL CATEGORISATION SYSTEM

FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: [Link to Full text](#)

i Important: This flowchart is for individuals who have reached menarche, and those who haven't yet reached perimenopause/menopause.

Start Here

Use this chart as a coach, practitioner, athlete, scientist or researcher to categorise menstrual/hormonal contraceptive status!

Do you currently use any form of hormonal contraceptive?

Yes

*Unless specifically stated, final categories lined in green do not warrant any further action.

No

Do you use a combined hormonal contraceptive?

Yes

No

Do you have regular periods?

Yes

No

! Help: Combined = contraceptives containing both a synthetic oestrogen and progestin component.

! Help: Regular = every 21 to 35 days (i.e., at least 10 periods in the last 12 months or at least 5 periods in the last 6 months).

i Important: Any final categorisation only represents current status (i.e., over the last 3-6 months) and it's possible that individuals will transition in and out of these categories. As such, regular monitoring is recommended and attention should be paid to any changes!

! Help: Mono = same dose of hormones everyday. Triphasic = change in hormone dose each week.

! Help: Ovulation = release of an egg from the ovaries (usually occurs at the mid-point of each cycle).

! Help: As verified by a positive ovulation test.

Action: Please consult a clinician to discuss your menstrual status for further investigation and to discuss possible options.

! Help: This is best conducted by a specialist to rule out any potential luteal phase deficiency.

! Help: Refers to any cycles outside of 21 to 35 days range.

Investigate: Using a mid-luteal blood sample.

Naturally menstruating

Without copper intrauterine system
With copper intrauterine system

Action: Please consult a clinician to discuss your menstrual status for further investigation and to discuss possible options.

Amenorrhea

Absence of >3 consecutive periods
Without copper intrauterine system
With copper intrauterine system

Action: Please consult a clinician to discuss your menstrual status for further investigation and to discuss possible options.

Combined oral pills

- Monophasic pill (21 pill days with 7 pill free days or placebo)
- Triphasic (21 pill days with 7 pill free days or placebo)
- Continuous (hormonal pill daily with no pill-free/placebo)

Vaginal ring

Patch

Progestin-only oral pill

Progestin-only implant

Progestin-only injection

Progestin-only intrauterine system

Eumenorrheic

Without copper intrauterine system
With copper intrauterine system

Oligomenorrhea

CYCLES > 35 DAYS

Without copper intrauterine system
With copper intrauterine system

Polymenorrhea

CYCLES < 21 DAYS

Without copper intrauterine system
With copper intrauterine system

? Current status is unknown (and further investigation is needed in order to be able to classify)

