

Female Fertility Questionnaire

KD Yin Xu

Yes No

Do you have knee problems or lower back weakness, soreness, or pain?

☐ ☐

Do you have ringing in your ears or dizziness?

☐ ☐

Is your hair prematurely gray?

☐ ☐

Do you have vaginal dryness?

☐ ☐

Is your midcycle fertile cervical mucus scanty or missing?

☐ ☐

Do you have dark circles around or under your eyes?

☐ ☐

Do you have night sweats?

☐ ☐

Are you prone to hot flashes?

☐ ☐

Would you describe yourself as afraid a lot?

☐ ☐

Tongue – no coating, shiny, peeled (for acupuncturist to fill)

☐ ☐

KD Yang Xu

Yes No

Do you have lower back pain premenstrually?

☐ ☐

Is your low back sore and weak?

☐ ☐

Are your feet cold, especially at night?

☐ ☐

Are you typically colder than those around you?

☐ ☐

Is your libido low?

☐ ☐

Are you often fearful?

☐ ☐

Do you wake up at night or early in the morning because you have to urinate?

☐ ☐

Do you urinate frequently, and is the urine diluted and/or profuse?

☐ ☐

Do you have early morning loose, urgent stools?

☐ ☐

Do you have profuse vaginal discharge?

☐ ☐

Does your menstrual blood tend to be dull in color?

☐ ☐

Do you feel cramps during your period that respond to a heating pad?

☐ ☐

Tongue – pale, moist, swollen (for acupuncturist to fill)

☐ ☐

SP Qi Xu

Yes No

Are you often tired?

☐ ☐

Do you have poor appetite?

☐ ☐

Is your energy lower after a meal?

☐ ☐

Do you feel bloated after eating?

☐ ☐

Do you crave sweets?

☐ ☐

Do you have loose stools, abdominal pain, or digestive problems?

☐ ☐

Are your hands and feet cold?

☐ ☐

Is your nose cold?

☐ ☐

Are you prone to feeling heavy or sluggish?

☐ ☐

	Yes	No
Are you prone to feeling heaviness or grogginess in the head?	☐	☐
Do you bruise easily?	☐	☐
Do you think you have poor circulation?	☐	☐
Do you have varicose veins?	☐	☐
Are you lacking strength in your arms and legs?	☐	☐
Are you lacking in exercise?	☐	☐
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, profuse, or pinkish in color?	☐	☐
Are you more tired around ovulation or menstruation?	☐	☐
Do you ever spot a few days or more before your period comes?	☐	☐
Have you ever been diagnosed with uterine prolapse?	☐	☐
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?	☐	☐
Are you often sick or do you have allergies?	☐	☐
Have you diagnosed with hypothyroid or anemia?	☐	☐
Do you have hemorrhoids or polyps?	☐	☐
Complexion – pale, yellowish (for acupuncturist)	☐	☐
Tongue – swollen, teeth marks (for acupuncturist)	☐	☐

Xue Xu

	Yes	No
Are your menses scanty 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 (not in patches, but all over)?	☐	☐
Is your hair brittle or dry?	☐	☐
Do you have diminished nighttime vision?	☐	☐
Do you get dizzy or light-headed around your period?	☐	☐
Lips, the inner side of your lower eyelids, or tongue pale (for acupuncturist)	☐	☐

Xue Yu

	Yes	No
Is your menstrual flow ever brown or black in color?	☐	☐
Do you feel midcycle pain around your ovaries?	☐	☐
Do you have painful, unmovable breast lumps?	☐	☐

	Yes	No
Do you experience periodic numbness in your hands and feet (especially at night)?	☐	☐
Do you have varicose or spider veins?	☐	☐
Do you have red hemangiomas (cherry-red spots) on your skin?	☐	☐
Does your complexion appear dark and “sooty”?	☐	☐
Do you have chronic hemorrhoids?	☐	☐
Does your menstrual blood contain clots?	☐	☐
Have you been diagnosed with endometriosis or uterine fibroids?	☐	☐
Is your lower abdomen tender with pressure?	☐	☐
Can you feel any abnormal lumps in your lower abdomen?	☐	☐
Do you have piercing or stabbing menstrual cramps?	☐	☐
Do you have dark spots in your eyes?	☐	☐
Have you been diagnosed with any vascular abnormality or blood clotting disorder?	☐	☐
Tongue – dark, dark spots, veins (for acupuncturist)	☐	☐

LV Qi Yu

	Yes	No
Are you prone to emotional depression?	☐	☐
Are you prone to anger and/or rage?	☐	☐
Do you become irritable premenstrually?	☐	☐
Do you feel bloated or irritable around ovulation?	☐	☐
Does it feel as if your ovulation lasts longer than it should?	☐	☐
Are your breasts sensitive/sore at ovulation?	☐	☐
Do you experience nipple pain or discharge from your nipples?	☐	☐
Do you have a lot of premenstrual breast distention or pain?	☐	☐
Have you been diagnosed with elevated prolactin levels?	☐	☐
Do you become bloated premenstrually?	☐	☐
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 color?	☐	☐
Tongue – dark, purplish (for acupuncturist)	☐	☐

Ht Xu

	Yes	No
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?	☐	☐

	Yes	No
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?	☐	☐
Tongue – red tip, center crack to tip (for acupuncturist)	☐	☐

Shi Heat

	Yes	No
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 flashes?	☐	☐
Do you break out with red acne (especially premenstrually)?	☐	☐
Do you have a short menstrual cycle?	☐	☐
Do you have vaginal irritation or rashes?	☐	☐
Pulse – rapid (for acupuncturist)	☐	☐

Damp

	Yes	No
Do you feel tired and sluggish after a meal?	☐	☐
Do you have fibrocystic breasts?	☐	☐
Do you have cystic or pus-filled acne?	☐	☐
Do you have urgent, bright, or foul-smelling stool?	☐	☐
Does your menstrual blood contain stringy tissue or mucus?	☐	☐
Are you prone to yeast infections and vaginal itching?	☐	☐
Do your joints ache, especially with movement?	☐	☐
Are you overweight?	☐	☐
Tongue – wet, slimy (for acupuncturist)	☐	☐

Damp Heat

	Yes	No
Do you have foul-smelling, yellow, or greenish vaginal discharge?	☐	☐
Are you prone to vaginal and/or rectal itching premenstrually? (For acupuncturist)	☐	☐
Cold Uterus	☐	☐
Cool abdomen	☐	☐
LR Qi Yu	☐	☐
KD Yang Xu	☐	☐
Xue Yu	☐	☐