Chinese Fertility Diagnosis Questionnaire

Answer yes or no to each of the following questions. Don't worry about what the symptoms mean: just note whether you experience them. If you have more than one-fourth to one-third yes responses in any diagnostic category, then you may have an element of this imbalance in your system. You may have more than one kind of imbalance operating at the same time, so don't be surprised if you have 50 percent yes answers for more than one diagnostic category.

Patient's Name: _____ Date: _____

	Yes	No
KIDNEY YIN DEFICIENCY **(Ki Yi–)**		
Do you have lower back weakness, soreness, or pain, or knee problems?	□	□
Do you have any gray hair?	□	□
Do you have vaginal dryness?	□	□
Is your mid cycle fertile cervical mucus scanty or missing?	□	□
Do you have dark circles around or under your eyes?	□	□
Do you have night sweats and/or hot flashes?	□	□
Do you have early or late ovulation (i.e., not on day 14-16)?	□	□
Would you describe yourself as fearful?	□	□
Is your mouth or eyes usually dry?	□	□
Are you thirsty for cold drinks most of the time?	□	□
Do you wake up in the middle of the night or have any sleep problems?	□	□
Does your tongue lack coating?* Does it appear shiny or peeled? (Determined by provider)	□	□
KIDNEY YANG DEFICIENCY **(Ki Yan–)**		
Do you have lower back pain premenstrually?	□	□
Is your low back sore or weak?	□	□
Is 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 clear and/or profuse?	□	□
Do you have early morning loose, urgent stools?	□	□
Do you have any vaginal discharge?	□	□
Does your menstrual blood tend to be not bright in color?	□	□
Do you feel cold cramps during your period that respond to a heating pad?	□	□
Have you been diagnosed with hypothyroidism?	□	□
Is your tongue pale, moist, and swollen?* (Determined by provider)	□	□
LIVER QI STAGNATION **(Lv Qi X)**		
Are you prone to depression, anger and/or rage?	□	□
Do you become irritable premenstrual?	□	□
Do you feel bloated or irritable around ovulation?	□	□
Does it feel as if your cycle lasts longer than 28-30 days?	□	□
Do you have a lot of premenstrual breast distention or pain?	□	□
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?	□	□
Is the menstrual blood thick and dark, or purplish in color?	□	□
Is your tongue dark or purplish in color?* (Determined by provider)	□	□
BLOOD STASIS **(Bl X)**		
Is your menstrual flow ever brown or dark in color?	□	□
Do you feel mid cycle pain around your ovaries?	□	□

	Yes	No
Do you experience periodic numbness of your hands and feet (especially at night)?	□	□
Do you have varicose or spider veins?	□	□
Do you think you have poor circulation?	□	□
Does your menstrual blood contain clots?	□	□
Have you been diagnosed with endometriosis or uterine fibroids?	□	□
Do you have piercing or stabbing menstrual cramps?	□	□
Have you been diagnosed with any vascular abnormality or blood clotting disorder?	□	□
Do you have fibrocystic breasts?	□	□
Does your tongue look dark?*	□	□
Do you have dark spots on your tongue?* (Determined by provider)	□	□
Are the veins beneath your tongue twisty and tortuous?* (Determined by provider)	□	□
SPLEEN QI DEFICIENCY **(Sp–)**		
Do you have poor appetite?	□	□
Do you feel bloated or tired after eating?	□	□
Do you crave sweets?	□	□
Do you have loose stools, abdominal pain, or digestive problems?	□	□
Is your nose cold?	□	□
Are you prone to feeling tired, heavy or sluggish?	□	□
Do you bruise easily?	□	□
Do you not exercise because you are too tired?	□	□
Are you prone to worry or over-thinking?	□	□
Have you been diagnosed with low blood pressure?	□	□
Do you feel dizzy or light-headed, or have visual changes when you stand up fast?	□	□
Is your menstrual blood thin, watery, profuse, or pinkish in color?	□	□
Do you ever spot a few days or more before your period comes?	□	□
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?	□	□
Are you often sick, or do you have food allergies?	□	□
Have you been diagnosed with anemia?	□	□
Does your tongue look swollen, with teeth marks on the sides?*(Determined by provider)	□	□
BLOOD DEFICIENCY **(Bl–)**		
Are your menses scanty and/or late?	□	□
Do you have dry, flaky skin and/or chapped lips?	□	□
Are your fingernails or toenails brittle?	□	□
Is your hair brittle, thin, dry, or falling out all over?	□	□
Do you get dizzy or light-headed around your period?*(By Provider)	□	□
Are your lips, the inner side of your lower eyelids, or tongue pale in color)?*(By Provider)	□	□
HEART DEFICIENCY **(Ht–)**		
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 lacking in vitality or enthusiasm?	□	□
Are you prone to agitation or extreme restlessness?	□	□
Is the tip of your tongue red?*	□	□
Is there a crack in the center of your tongue that extends to the tip?*(By Provider)	□	□
DAMPNESS (**D**)		
Do you feel tired and sluggish after a meal?	□	□
Do you have foul-smelling stools?	□	□
Are you prone to yeast infections and vaginal itching?	□	□
Are you overweight?	□	□
Do you have a wet, slimy tongue?*(Determined by provider)	□	□