Endolog

Period pain scale 0 to 10

0 = no pain, **10** = worst pain you can imagine.

Pick the number by what the pain stops you doing. Rate your worst pain and your usual pain each day, and use the same scale every time.

Score	What it feels like	What you can still do
0 No pain	You feel no pain.	Everything you usually do: work, sleep, exercise and plans.
1 Barely there	A faint ache or twinge that you notice only now and then.	Everything you planned. You usually do not need a painkiller.
2 Mild	A dull ache or light cramps that you notice when you stop and think about it.	Everything you usually do. The pain does not get in the way of your activities.
3 Noticeable	Cramps or an ache that you notice often, but that you can put out of your mind.	Work, study, walk and sleep. The pain sometimes distracts you, and a mild painkiller often takes care of it.
4 Distracting	The pain is on your mind most of the time. You forget it for a while when you are busy.	Your usual activities, such as work, study and walking, but the pain distracts you.
5 Hard to ignore	You cannot ignore the pain for more than a few minutes.	Work or study, with effort. The pain interrupts some of your activities.
6 Makes you stop	Strong cramps or pain that make it hard to focus on anything else.	Little of your usual day. The pain stops your usual activities, such as work or study, and you need to rest.
7 Stops your day	Strong pain that you feel all the time and that takes over your attention.	Only a few things, with effort. It is hard to concentrate, the pain stops daily activities, and it can keep you awake.
8 Intense	Intense pain. It is hard to think about anything else or to hold a conversation.	Very little. Walking and moving are hard, and even reading or talking takes effort. You may feel sick or dizzy.
9 Very severe	Very severe pain. You can barely talk, and you may cry or moan with it.	Nothing. You may not be able to speak or think clearly.
10 Worst possible	The worst pain you can imagine.	Nothing. Nothing else matters, and the pain can make you pass out.

See a doctor if period pain stops your usual daily activities, if your periods get more painful, or if painkillers do not help. Get urgent help if the pain is severe or getting worse, or you feel faint or pass out.

Sources: the scale words draw on the Mankoski pain scale (valis.com/andi/painscale.html) and the Defense and Veterans Pain Rating Scale (dvcipm.usuhs.edu/dvprs). When to see a doctor: NHS (nhs.uk/conditions/period-pain, nhs.uk/symptoms/pelvic-pain). A guide to talk about pain, not a medical test.