

PMS Prescription Pad



For: _____ Date: _____

- Limit alcohol and avoid drugs of abuse
- Exercise! Goal: At least 3x/week x 30 minutes
 - Aerobic exercise showed benefits
 - Other forms: _____
 - I WILL DO _____ by _____.

- Nutrition
 - Reduce: Salt, refined sugar, caffeine, esp 10 days before menses.
 - Eat a well-balanced diet that is high in fiber; aim for 25 grams of fiber daily
 - Ensure that your diet provides:
 - 1000 - 1200 mg calcium (citrate)
 - 400 mg magnesium (citrate)
 - OR choose to supplement these

I WILL _____.

- Supplement:
 - Vitamin B6 50 - 100 mg/day
 - Omega 3 fish oils - 1000 - 2000 mg EPA + DHA/day

- Stress management
 - Relaxation technique: _____
 - Counseling _____
 - Sleep _____

- Other specific treatments:
 - Chaste tree berry extract (Vitex) 20 - 40 mg/ day of standardized extract.
 - SSRI _____
 - NSAID: Ibuprofen 400 - 600 mg up tid for back or joint pain, headache
 - +/-Evening primrose oil: 1.5 grams twice daily
 - IM Clinic referral _____

Signed: _____
Patient Physician/ Provider