

PEQ Worksheet

PEQ stands for Primary Endpoint Questionnaire and is used in clinical studies.*

The POMPOM study used the PEQ to screen participants and set a baseline for tolerating penetration. The PEQ was asked again at 3-month and 6-month check-ins to track participant progress using the Milli expanding vaginal dilator.

You can track your dilation therapy progress using the same questions. For questions relevant to your partner's experience, they can provide answers.

Date:	Instructions: Put an "X" in the column that best describes your experience during the last 4 weeks; add the numbers from each column together			
PEQ Total (0-21):				
Penetration Types	0 = Not Attempted	1 = Attempted, but unsuccessful	2 = Attempted, and sometimes successful	3 = Attempted, and always successful
Full vaginal penetration with the penis of the partner				
Self-insertion in the vagina of one (1) finger by the woman				
Self-insertion in the vagina of two (2) fingers by the woman				
Insertion in the vagina of one (1) finger by the partner				
Insertion in the vagina of two (2) fingers by the partner				
Self-insertion in the vagina of another object (such as a tampon or a dildo) by the woman				
Self-insertion in the vagina of another object (such as a tampon or a dildo) by the partner				

*van Lankveld JJ, ter Kuile MM, de Groot HE, Melles R, Nefs J, Zandbergen M. Cognitive-behavioral therapy for women with lifelong vaginismus: a randomized waiting-list controlled trial of efficacy. J Consult Clin Psychol. 2006 Feb;74(1):168-78. doi: 10.1037/0022-006X.74.1.168.

Progress Tracking

Once you've made a plan to dilate—where, when, how long—tracking your progress in different ways can be motivational.

Set a calendar reminder to check in with yourself to fill out these tracking worksheets. Over time, you can compare where you started with where you are now.

Your Milli Use Tracker	
Milli Instructions for Use: The typical treatment duration is 5 to 20 minutes, 3 to 5 days per week, but it may vary.	
How many dilation sessions per week?	
How many minutes per week?	
Did you use vibration? (Yes or No)	
Dilation level reached (0 - 25)	
On a Scale of 0 (best) to 10 (worst)	
Pain using Milli	
Anxiety using Milli	

Intimacy Tracker	
Your experience during the last 4 weeks	
Sexual penetration attempts (#)	
Sexual penetration successes (#)	
On a Scale of 0 (best) - 10 (worst)	
Pain with sexual penetration	
Anxiety with sexual penetration	

Before using your Milli Expanding Vaginal Dilator with vibration, please refer to the instructions for use, indications, contraindications, warnings, and precautions at hellomilli.com/safety.