

# Pain & symptom diary

Fill out this diary to keep a record of your periods, especially to track pain and/or heavy bleeding. You might like to print out a few copies to fill out over 2-3 months. Take your diary along to your next appointment with your doctor to help you explain your pelvic pain and/or period symptoms.

You don't need to start on the first day of the month. Just whenever you are ready.

Month:

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pelvic pain																																	
Bleeding																																	
Gut symptoms	Pain doing poo																																
	Constipation																																
	Nausea																																
Other symptoms																																	
Pain medication																																	

- ✓ **Tick** the days that you experienced any **pelvic pain**  
You might like to use a red pen for really painful days
- ✓ **Tick** the days that you experienced any **bleeding**  
You might like to use a red pen for really heavy days
- ✓ **Tick** the days that you experienced specific **gut symptoms**
- ✓ **Write** in any **other symptoms** that you think might be important and **tick** the days you had them (eg body aches)
- ✓ **Write** in any **pain medication** and **tick** the days that you used it to help relieve your pelvic pain