Pain & symptom diary

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



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.

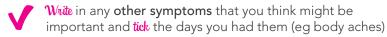
Month:

		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																																

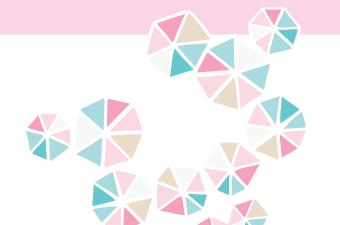








Write in any pain medication and tick the days that you used it to help relieve your pelvic pain









Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government. This project is funded by the Victorian Government.

