Symptom diary

A simple record of what you notice, to help you and your doctor see the pattern. Bring it to your appointment.

Version: October 2026. English.

How to use it: write an entry on any day you notice something. Keep it short and factual. Note **what** you felt, **where**, **how strong** it was (0 is none, 10 is the worst you can imagine), **how long** it lasted and **what you did**. This diary records symptoms; it cannot tell you what is causing them.

Things worth writing down

You do not need to track everything. These are the changes doctors most often ask about:

- ☐ Vaginal bleeding between periods, after sex, or after menopause (note how many pads you use in a day, and whether there are clots)
- ☐ Unusual vaginal discharge (colour, smell, amount)
- ☐ Pain or pressure in the pelvis, lower abdomen or back
- ☐ Bloating, feeling full quickly, or a swollen abdomen that does not settle
- ☐ Changes in passing urine or stools (more often, urgent, difficult, or with blood)
- ☐ Unexplained weight loss, tiredness, or loss of appetite
- ☐ Swelling, pain or heaviness in a leg or the groin
- ☐ Anything else that is new for you, or that has lasted more than a few weeks

Before your appointment: a short summary

When did I first notice the problem?	
If I still have periods: first day of my last period	
What makes it better, or worse?	
Medicines and supplements I take	
Other health conditions, past operations	

Do not wait to fill in the diary if you have: heavy bleeding, severe or worsening pain, a fever during treatment, sudden breathlessness, or pain and swelling in one leg. Contact your treating team or go to the nearest emergency department straight away. See the leaflet *When to call your care team urgently*.

Diary entries

For bleeding, also note the number of pads used in the day. Print more copies of this page if you need them.

Date	What I noticed (what, where)	Strength (0-10)	How long it lasted	What I did or took

Diary entries (continued)

For bleeding, also note the number of pads used in the day. Print more copies of this page if you need them.

Date	What I noticed (what, where)	Strength (0-10)	How long it lasted	What I did or took