

SYMPTOMS DIARY

ENDOMETRIOSIS SOUTH OF SCOTLAND



If you suspect you might have endometriosis, or have already been diagnosed, it may be helpful to keep a record of your symptoms. This could be to help you have a conversation with your GP or to help you figure out what works best for you in terms of managing your symptoms.

We have created a weekly diary for you to track your symptoms.

Week beginning / /

Are you on your period YES NO N/A

Date of last period / /

	M	T	W	T	F	S	S
Bleeding*							
Period pain that interferes with daily life**							
Pelvic pain							
Lower back pain							
Bloating							
Pain during or after sex							
Bleeding after sex							
Painful bowel movements							

Constipation/ diarrhoea							
Blood in stools							
Painful urination							
Frequent urination							
Blood in urine							
Fatigue							
Nausea/ vomiting							

***if you are experiencing any bleeding this week (either on or off your period) write S=spotting L=light M=moderate H=heavy in the box for the days you are bleeding.**

****period pain that stops you from going to work/school or stops you from doing daily activities.**

Circle your pain level at its worst this week

0 1 2 3 4 5 6 7 8 9 10

No pain at all

Very severe

Common words used to describe endometriosis pain

Use these words to help you describe the pain you experience in the additional notes space below

Debilitating Pressure Cramping Burning Tender Wrenching
 Radiating Stinging Lingering Dull Throbbing
 Splitting Stabbing Concentrated Penetrating Tugging Piercing
 Pulling Sharp Aching Spasm Grating Tearing

Additional notes - use this space to write down anything else that you think is important. For example describe your pain, other symptoms, if you are bleeding outwith your period, which symptoms get worse during your period, which symptoms affected you most this week.

