

# SYMPTOM DIARY

It can help to keep a record of your symptoms. This will help you to discuss your symptoms with your doctors and nurses. If you photocopy this diary before you fill it in, you can use it to record information on one or more symptoms over a few days.

time	medicines/ symptom control used	type and area of symptom	level of symptom	what makes it worse?	what makes it better?
1am			0-3-5-7-10		
2am			0-3-5-7-10		
3am			0-3-5-7-10		
4am			0-3-5-7-10		
5am			0-3-5-7-10		
6am			0-3-5-7-10		
7am			0-3-5-7-10		
8am			0-3-5-7-10		
9am			0-3-5-7-10		
10am			0-3-5-7-10		
11am			0-3-5-7-10		
12pm			0-3-5-7-10		
1pm			0-3-5-7-10		
2pm			0-3-5-7-10		
3pm			0-3-5-7-10		
4pm			0-3-5-7-10		
5pm			0-3-5-7-10		
6pm			0-3-5-7-10		
7pm			0-3-5-7-10		
8pm			0-3-5-7-10		
9pm			0-3-5-7-10		
10pm			0-3-5-7-10		
11pm			0-3-5-7-10		
12am			0-3-5-7-10		

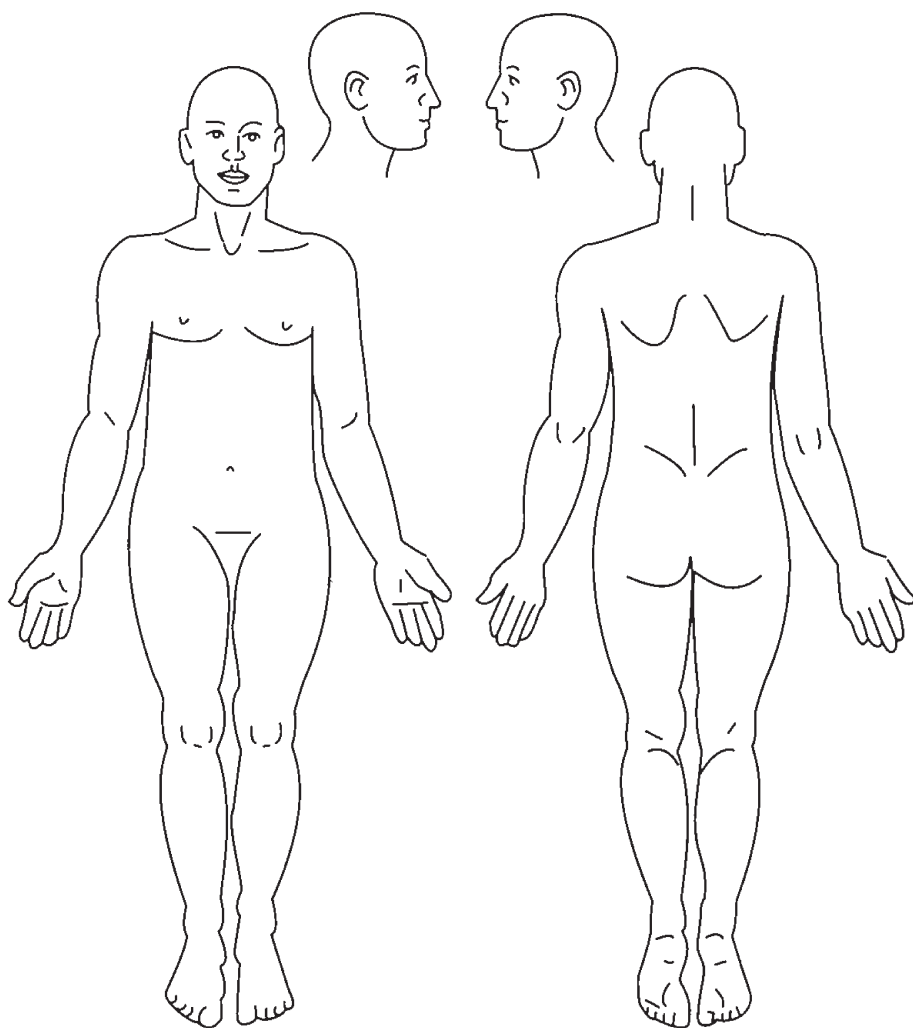
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## Where is the symptom?

Is it in one part of your body or in more than one place? Does it start in one place and gradually spread during the day? Use the diagrams to mark where your symptoms are.

## How bad is the symptom?

On a scale of 0–10:  
where 0 = no symptom,  
and 10 = the symptom is very severe.



*informing  
understanding  
supporting*