

SYMPTOM DIARY

WE ARE
MACMILLAN.
CANCER SUPPORT

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SYMPTOM DIARY

Before you write in this diary, you or someone else could make a copy.

What is the symptom?

I feel sick

When do you have the symptom?

After I eat

How does it feel?

Tummy ache

What helps?

Peppermint

You can use this diary to write down any symptoms you have and what helps. If you want to, you could show this to your doctor. They may be able to give you more advice about managing symptoms. That way you can use it as often as you need to.

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