

# SYMPTOM DIARY

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## How to use your symptom diary




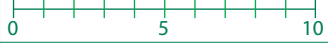




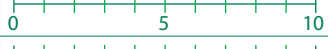
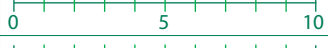














1. Begin by noting down the date when you use a new diary. You can fill in the diary as often as you need to. If your symptoms aren't well-controlled, you may want to fill it in every 1–2 hours, but if they're better controlled, you could fill it in every 4–6 hours.
2. Note where each symptom is on your body – you can use the body outlines on the back page of the diary. It could be in one area (eg a leg) or in multiple areas (eg both legs and your ankles).
3. Describe what each symptom feels like, using words such as uncomfortable, comes and goes, constant, exhausting and unbearable. See the back page of the diary for more words you could use to describe your symptoms.
4. Rate the level of each symptom on a scale of 0 to 10, where 0 means 'no symptom' and 10 means 'severe' (see the back page of the diary).
5. Note down any medicines or complementary therapies you use, as well as anything that makes the symptom better or worse.

All this information will help you, your doctors and your nurses find the best symptom control methods for you. Remember to photocopy the back page of the symptom diary to go along with each diary you complete.

# SYMPTOM DIARY

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

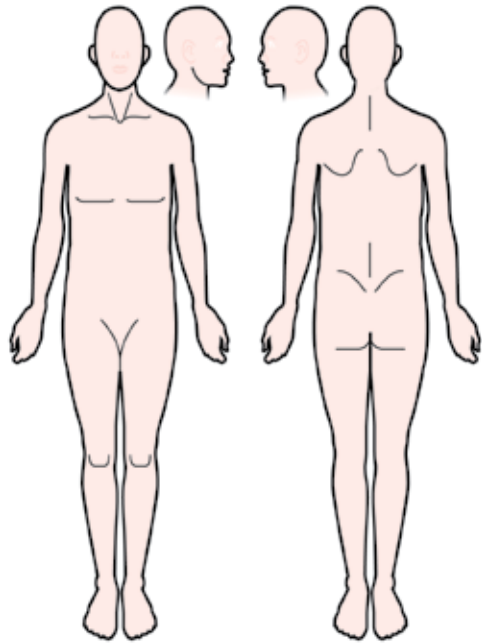
date    /    /   

Time	Type of symptom	Area affected (if appropriate)	Level of symptom (where 0 = none and 10 = severe)	Medicines/therapies used	What makes it worse?	What makes it better?
1am						
2am						
3am						
4am						
5am						
6am						
7am						
8am						
9am						
10am						
11am						
12pm (noon)						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						
8pm						
9pm						
10pm						
11pm						
12am (midnight)						

## 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.



front

back

## What is the symptom like?

You can use any of the following words, or your own words, to describe your symptom:

- aching
- bloated
- burning
- clammy
- comes and goes
- constant
- distended
- dry
- embarrassing
- excruciating
- exhausting
- frustrating
- hot
- inflamed
- intense
- irritating
- nauseating
- painful
- numb
- piercing
- pins and needles
- pricking
- red
- scratchy
- sharp
- sore
- spreading
- stinging
- sweaty
- swollen
- tender
- throbbing
- tickly
- tight
- tingling
- tiring
- unbearable
- uncomfortable

## How bad is the symptom?



If you measured it on a scale of 0 to 10, how would you rate it? (0 = no symptom and 10 = the symptom is severe.)