Vaginal Prolapse Symptom Diary

When you keep track of your symptoms, your notes can help your specialist diagnose your condition and recommend a treatment that's right for you, to help you get back to living life the way you want.

To begin, simply print this worksheet. Each time you experience any symptom below, record it, along with the date and time. It's very helpful to note the circumstances that precede your symptom. You may also want to note any questions you have along the way. Bring as many Symptom Diaries as needed for your doctor to get a full understanding of your condition.

Date	Time	Feel heaviness in vaginal area	A pulling or stretching feeling	Pain when standing	Painful sexual intercourse	Vaginal pain, pressure, irritation, or bleeding	Lower back pain	Loss of bowel control	Difficult bowel movements	Delayed urine stream	Bladder leakage with cough, sneeze, exertion	Feel a bulge/lump in vagina	Feel like something's falling out of vagina	Other	Notes
8/12	3:35pm	✓						EXAMPLE							Feel it when standing and doing dishes

Additional notes or future questions to ask my doctor: _____

_____

_____

_____

_____

_____

_____

600274-10A (08/08)