

Keeping a Symptom Diary

Keeping a diary of your symptoms will help you and your GP understand your bowel problems. We recommend you complete your diary over a period of up to four weeks, which will allow you and your GP to see if any pattern is arising from your symptoms. If you have any questions, please call our **Bowel Cancer Advisory Service on freephone 0800 8 40 35 40.**

How to Complete your Symptom Diary

Write down and describe your bowel movement and any symptoms that you experience each time that you visit the toilet (during the day and night). Also include a brief description of what you eat and drink under the 'Diet for the Day' column.

An example of the type of information that you might include in your diary:

Day: Monday			
TIME	BOWEL MOVEMENT	SYMPTOMS	DIET FOR THE DAY
07.00	Large loose stool (poo) Light brown	Didn't feel as if I was empty Slight left-side discomfort	Muesli and Toast 1 x cup of tea
11.00	Small loose stool Light brown	None	Chocolate biscuit 2 x glass of water
13.00	-	-	Jacket potato with tuna & salad, 1 x can of diet drink, 1 x cup of coffee
19.00	Small loose stool Light brown	Left-side pain	Chicken and tomato pasta bake, apple pie, 2 x cup of tea, 1x glass of red wine



Day:			
TIME	BOWEL MOVEMENT	SYMPTOMS	DIET FOR THE DAY

You may find the following additional factsheets helpful:

- Knowing the Symptoms and Who is at Risk
- Talking to Your GP
- Diet, Nutrition and Bowel Cancer
- Understanding Bowel Cancer

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**For further information contact the Bowel Cancer
Advisory Service on: (Freephone) 0800 8 40 35 40**

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