Helping women help themselves

Tel: 0871 218 1233 UK

www.pelvicorganprolapse.org

Name

Weight

Recommended reading:

Grade the severity of symptom felt. **1 being least 5 being worst**

Age

Hold it Sister by Mary O'Dwyer
Pelvic Organ Prolapse - Sherrie Palm

Indicate a 'P' in the chart when a pessary is used

Pessary used

Pelvic Floor Essentials by Sue Croft

Type, Size

Indicate with P in chart if pessary was used at time of recording

POP DIARY FOR TRACKING PELVIC ORGAN PROLAPSE SYMPTOMS **Record and show this chart to your medical advisor**

DATE	TIME	URINE LEAKAGE or URINE RETENTION	FECAL INCONTINENCE	CONSTIPATION	PRESSURE, VAGINAL/RECTAL	PAIN, VAGINAL, RECTAL, BACK,PELVIC	Prolapse felt - Bulge - Entrance of vagina - Outside vagina	PAINFUL INTER-COURSE	LACK OF SEXUAL SENSATION	ACTIVITY AT TIME OF SYMPTOM	NOTES
		Indicate with UL, UR		Record a BM	Indicate with V,R		Indicate with B, EV, OV				