Helping women help themselves

Recommended reading:
- Hold it Sister by Mary O'Dwyer
- Pelvic Organ Prolapse - Sherrie Palm
- Pelvic Floor Essentials by Sue Croft

### POP DIARY FOR TRACKING PELVIC ORGAN PROLAPSE SYMPTOMS

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

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

Record a BM

Indicate with V,R

Indicate with B, EV, OV

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

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