

IC Weekly Symptom Log

MON TUE WED THU FRI SAT SUN

Urgency/Frequency (0-10)							
Worst Time of Day							
Affecting Factors							
Suprapubic Pain (0-10)							
Worst Time of Day							
Affecting Factors							
Bladder Pain (0-10)							
Worst Time of Day							
Affecting Factors							
Other: _____ (0-10)							
Worst Time of Day							
Affecting Factors							
Other: _____ (0-10)							
Worst Time of Day							
Affecting Factors							
Nocturia (# of times)							
Overall Day Score (1-5)							
Notes							

INSTRUCTIONS

For each category, rate your symptom for that day on a scale of 0-10, with '0' being no symptoms at all and '10' the worst you can imagine.

Note the time of day that the symptom peaked.

Also write down any factors that seem to have affected the symptom. These can include medications, prolonged sitting, eating or drinking, constipation, stress, sexual activity, or anything else you notice has an impact.

If you are experiencing other symptoms, write them into the 'other' categories and track them as well.

For Nocturia, keep track of the number of times you awoke in the night to use the bathroom.

Finally, give yourself an overall day score on a scale of 1-5. A score of '5' is a great day where your condition is not bothering you, while a score of '1' might be a really tough day during a flare. The goal of tracking weekly is to start seeing these numbers start to gradually rise over time.

Courtesy of THE INTERSTITIAL CYSTITIS SOLUTION,
by Dr. Nicole Cozean