

Food and Symptom Diary

You can use this diary to record everything you eat and drink, and your symptoms for one week. Record each day separately on the pages provided. Try to record all food and drinks that you take, along with the approximate quantity, and the time of day they are taken. Record any symptoms experienced, and any medications or supplements taken.

Day: Wednesday

Time up: 7:30am

Time to bed: 11pm

Time of day	Description of food/ drink	Amount consumed	Description of symptoms e.g. abdominal pain, rash, nausea or vomiting, bowels open (describe stool), headaches, swelling, itching
Breakfast 9 am	Cornflakes Full cream milk Water	4 tablespoons 200ml glass	
Mid- morning 11am	Coffee (decaff) no milk	1 cup	Bloating and abdominal pain

Medications and Supplements taken:

Description	Time Taken
Multivitamin	Before breakfast

Day:

Time up:

Time to bed:

Time of day	Description of food/ drink	Amount consumed	Description of symptoms e.g. abdominal pain, rash, nausea or vomiting, bowels open (describe stool), headaches, swelling, itching

Medications and Supplements taken:

Description	Time Taken

Day:

Time up:

Time to bed:

Time of day	Description of food/ drink	Amount consumed	Description of symptoms e.g. abdominal pain, rash, nausea or vomiting, bowels open (describe stool), headaches, swelling, itching

Medications and Supplements taken:

Description	Time Taken

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Medications and Supplements taken:

Description	Time Taken

Who should I contact if I have a problem or question?

Please contact us: Dietetics and Speech Therapy Service, 01895 279416.

What should I do in case of an emergency?

If your concern is regarding your diet please contact us on 01895 279416.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز و جچا ہی دی اے تے پتہ کرن لئی 01895 279 973
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .