**NAPS MENSTRUAL DIARY**

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**Keeping a chart**

A chart will accurately reflect your symptoms and will show the days on which they occur, the days they are absent, the days of menstruation and the duration of the cycle. A symbol can be chosen for your two or three worst symptoms and used to record them on the chart. For instance

* H = Headache B = Bloating I = Irritability

The chart should be completed for at least three months and then can be used during consultations with your GP to reflect the symptomsyou have experienced.

* Record the days of menstruation with a P for period or M for menstruation

Below are suggested list of Psychological , Behavioural and Physical symptoms you may experience .

Mood swings and depression Breast tenderness

Tearfulness and feeling low Swollen/bloated feelings

Tiredness, fatigue or lethargy Puffiness of face, abdomen or fingers

Tension and unease Weight gain

Irritability Headaches

Clumsiness/poor co-ordination Appetite changes

Difficultly in concentration Acne or other skin rashes

Altered interest in sex Constipation or diarrhoea

Sleep disorders Muscle or joint stiffness

Food cravings General aches and pain - backache

Aggression Abdominal pain/cramps