

IC Pain and Symptom Journal

As a patient suffering from IC, understanding your symptoms as well as the level and frequency of pain is important to your IC management.

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Example

Date:			
Time	Activity	Pain level (1-10)	Symptoms
<i>7:05 AM</i>	<i>Restroom, voided 8 oz</i>	<i>6</i>	<i>Urgency, bladder pain</i>
<i>9:30 AM</i>	<i>Sat in 2 hour meeting</i>	<i>4</i>	<i>Pressure, urgency, back pain</i>



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