

Patient information

Assessment of Breast Pain Using a Diary Chart

Breast Services – Royal Liverpool Hospital

What is breast pain?

Breast pain may have many different causes. For your clinic doctor or nurse to be able to help you, he or she will need to find out which type of breast pain you are experiencing.

Usually breast pain is caused by normal changes within the breast. It is very rare for pain to be the only symptom of a breast cancer.

Remember, thousands of women experience breast pain at some time in their life. It is a very common condition (it has been shown in some studies that as many as seven out of every ten women experience breast pain at some time). In some cases the pain is so severe that treatment may be needed.

How does the doctor know which type of breast pain I am experiencing?

To help your doctor to know how the pain affects you, and therefore the best treatment to offer you, please keep a diary chart of your pain and bring it with you at your next clinic visit or visit to your doctor.

You will be told before leaving clinic, when to see your hospital doctor or family doctor (GP) again. If you are unsure, please ask before leaving clinic.

How to use this chart

Use this chart to keep a daily record of any pain you have, and how bad it has been.

1. Mark the box with the month and year when you start to use this chart.
2. At the end of the day, mark the square to show whether you have had pain or not under the number for that date.

(For example; if you had no pain for the date of 4th July, put a dot in the box under the number 4).

If you are also having your monthly period on this day, mark the box below this number to record when you are bleeding. Do not worry if you no longer have periods, just leave the line for “bleeding episodes” unmarked.

If you are unsure how to use this chart, please ask your clinic nurse to show you before you leave the clinic. She will be happy to help you.

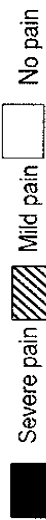
Don't forget, if your hospital doctor or nurse has asked you to keep a diary of your breast pain please bring this with you to your next clinic appointment. This will help your doctor or clinic nurse to see whether you need a treatment; or if you are trying a treatment, to see how helpful this has been.

Daily Breast Pain Chart

How to fill this in:

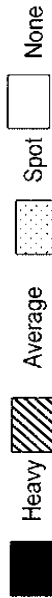
*** Breast Pain:**

Record the degree of breast pain you experience each day by shading each box as illustrated:



+ Bleeding Episodes:

Record the degree of bleeding you experience each day by shading each box as illustrated:



Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Year																																	
Degree of breast pain *																																	
Bleeding episodes +																																	

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Year																																	
Degree of breast pain *																																	
Bleeding episodes +																																	

Daily Breast Pain Chart

How to fill this in:





* **Breast Pain:**

Record the degree of breast pain you experience each day by shading each box as illustrated:

 Severe pain
  Mild pain
  No pain

+ **Bleeding Episodes:**

Record the degree of bleeding you experience each day by shading each box as illustrated:

 Heavy
  Average
  Spot
  None

Month	Year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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Feedback

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Breast Nurse Practitioners:

Tel: 0151 706 2931

Text phone number: 18001 0151 706 2931

Breast Care Nurses:

Tel: 0151 706 2927

Text phone number: 18001 0151 706 2927

Breast Cancer Care

Tel: 0808 800 6000

There are many local support groups, please ask your Breast Care Nurse.

Author: Breast Services Royal Liverpool Hospital

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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