



# Symptoms Diary

pancreaticcanceraction.org

## What are the symptoms of pancreatic cancer?

### Classic symptoms can include:

- Abdominal pain or discomfort which is new-onset and significant.
- Jaundice (Yellowing of the skin & whites of the eyes).
- Unexplained and significant weight loss.

### Other possible symptoms:

- Mid-Back pain
- Indigestion and/or abdominal discomfort that does not respond to prescribed medication.
- Pain on eating.
- Steatorrhoea (fatty stools that are often pale and smell foul).
- Loss of appetite and/or nausea and vomiting.
- Diabetes - new onset and NOT associated with weight gain.

**Remember:** These symptoms may well be a sign of something else. However, if you are persistently having any of the above symptoms that are not normal for you **DO NOT IGNORE THEM**. Contact your GP or the NHS 111 Service.

For more information on pancreatic cancer please contact us:

Web: [pancreaticcanceraction.org](http://pancreaticcanceraction.org)

Call: 0303 040 1770.

Email: [enquiries@panact.org](mailto:enquiries@panact.org)

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## Take a note: Take Action!

Using a symptoms diary will help you track when you have been having symptoms, and how frequent and persistent they are. You can take this information to your GP if you are worried that your symptoms may be pancreatic cancer. If you have already talked about your symptoms with your GP and they are not going away, fill in a copy of this diary and make another appointment to see them.

## How to use the diary:

- Monitor your symptoms daily and make a record of when you had the symptom (s) and how severe you think they are. You may want to note additional comments/ concerns to raise with your doctor
- Keep a record for at least 2 weeks . If symptoms become very severe see your doctor straight away.
- Make an appointment to see your GP and use your diary to describe your symptoms in as much detail as possible
- Tell your doctor you are worried about pancreatic cancer
- It is also important to tell your doctor if anyone in your family has had pancreatic cancer

If you have yellowing of the whites of your eyes and skin, go immediately to your GP as this may be a sign that you are jaundiced.

You should also see your GP as soon as possible if you have been losing lots of weight without trying.

Severity Level (1=mild 10=severe)

Symptom Diary	Week Beginning	Severity	Week Beginning	Severity	Week Beginning	Severity	Week Beginning	Severity
	__/__/__		__/__/__		__/__/__		__/__/__	
Persistent upper abdominal (tummy) pain (which may radiate round to the back)	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	
Mid back pain (which may radiate round to the front)	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	
Persistent indigestion or abdominal discomfort or pain when eating	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	
Change in bowel habit: to include either pale, floaty smelly stools or diarrhoea or constipation	Monday		Monday		Monday		Monday	
	Tuesday		Tuesday		Tuesday		Tuesday	
	Wednesday		Wednesday		Wednesday		Wednesday	
	Thursday		Thursday		Thursday		Thursday	
	Friday		Friday		Friday		Friday	
	Saturday		Saturday		Saturday		Saturday	
	Sunday		Sunday		Sunday		Sunday	

You may find you have had other symptoms. Make a note of them here to remind you to discuss them with your doctor.

Symptom	How often?	How severe?	Other notes