

Symptom Diary

This diary is to help you record information about how you are feeling to share with your doctor. It may be that you have been referred to a neurologist, or you have seen a neurologist and are undergoing diagnostic tests.

Symptoms of MS may include: fatigue; pain; muscle stiffness or spasms; balance problems; weakness; numbness and tingling, or both; bladder and bowel problems; changes to vision; changes to thinking and memory; coordination issues. These symptoms are not unique to MS.

Recording symptoms can be helpful towards a diagnosis and to assist you in understanding what you are experiencing.

Questions for your doctor

e.g. my legs are feeling very tight and stiff

Other information

e.g. the stiffness makes it difficult for me to walk

