

Hot Flush and Night Sweats Diary

Patient initials: Date of birth:

Measurement period: Dates recorded: to

Instructions

Use this diary to record your hot flushes and night sweats during this two-week period. Mark the date for each day recorded.

Put a tick ✓ for each hot flush or night sweat you have during each two-hour period. Then, in the space below the tick, mark the severity of the flush, using the codes in the table below.

You may not have any ticks in any two-hour period, or you may have one tick, or more than one.

If you have no hot flushes or night sweats during a two-hour period, please mark this in the relevant space with a 'o'.

Please remember to mark the severity of all the hot flushes or night sweats that you record.

Example:

| | Day 1 | Day 2 | Day 3 |
|--------|---------|---------|---------|
| Date | 12 Sept | 13 Sept | 14 Sept |
| 7-9am | ✓ | o | ✓✓✓ |
| | 3 | | 1 1 2 |
| 9-11am | o | ✓✓ | o |
| | | 1 2 | |

Please do not write in the spaces for Totals and Score.

Please also feel free to make any comments you think may be important in the Comment column on the back page of this diary.

It is helpful if you can write your definition of the levels of severity in the space provided below.

| Code | Severity | My definition of this level of severity is: |
|------|----------|---|
| 1 | Mild | |
| 2 | Moderate | |
| 3 | Severe | |

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Totals |
|---|-------|-------|-------|-------|-------|-------|-------|--------|
| Date | | | | | | | | |
|  | | | | | | | | |
| 7-9am | | | | | | | | |
|  | | | | | | | | |
| 9-11am | | | | | | | | |
|  | | | | | | | | |
| 11-1 | | | | | | | | |
|  | | | | | | | | |
| 1-3pm | | | | | | | | |
|  | | | | | | | | |
| 3-5pm | | | | | | | | |
|  | | | | | | | | |
| 5-7pm | | | | | | | | |
|  | | | | | | | | |
| 7-9pm | | | | | | | | |
|  | | | | | | | | |
| 9-11pm | | | | | | | | |
|  | | | | | | | | |
| 11-1 | | | | | | | | |
|  | | | | | | | | |
| 1-3am | | | | | | | | |
|  | | | | | | | | |
| 3-5am | | | | | | | | |
|  | | | | | | | | |
| 5-7am | | | | | | | | |
| Score | | | | | | | | |

Note any out-of-the-ordinary events in this one-week period (such as holiday, illness, bereavement, change of circumstances) or any unusual temperature changes (weather, living or work environment, or holiday):

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| | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 | Totals |
|--|-------|-------|--------|--------|--------|--------|--------|--------|
| Date | | | | | | | | |
|  7-9am | | | | | | | | |
|  9-11am | | | | | | | | |
|  11-1 | | | | | | | | |
|  1-3pm | | | | | | | | |
|  3-5pm | | | | | | | | |
|  5-7pm | | | | | | | | |
|  7-9pm | | | | | | | | |
|  9-11pm | | | | | | | | |
|  11-1 | | | | | | | | |
|  1-3am | | | | | | | | |
|  3-5am | | | | | | | | |
|  5-7am | | | | | | | | |
| Score | | | | | | | | |

Note any out-of-the-ordinary events in this one-week period (such as holiday, illness, bereavement, change of circumstances) or unusual temperature changes (such as weather, living or working environment, holiday):

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Comments: