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Recommended reading:
Hold it Sister by Mary O'Dwyer
Pelvic Organ Prolapse the silent epidemic by Sherrie Palm

Name:	
Weight	

POP DIARY FOR TRACKING PELVIC ORGAN F Record and show this chart to your medical advisor

DATE	TIME	URINE LEAKAGE	URINE RETENTION	PAIN, VAGINAL, RECTAL, BACK,PELVIC	PRESSURE, VAGINAL/RECTAL	CONSTIPATION	FECAL INCONTINENCE	PAINFUL INTERCOURSE	LACK OF SEXUAL SENSATION	ACTIVITY AT TIME OF SYMPTOM	NOTES
				INDICATE WITH V,R,B,P	INDICATE WITH V/R						