

PELVIC PAIN ACTION PLAN

My current goal



Name:

Date:

My plan when I'm at baseline

Period plan:

Baseline medications/strategies:

Bowel plan:

Pelvic floor plan:

My plan when I'm starting to feel worse

I know I'm starting to flare up when:

It is best to identify an increase in pain or symptom levels early and treat early. Pain can be harder to control when left to become more severe.

Pain management strategies:

Arrange GP appointment?

Extra bowel support:

Extra supports/ideas:

Flare up plan

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Next steps

Blank area for writing the next steps.