Neuropathy symptom log

Fill in one line a day or every few days. Write where you feel symptoms using simple words such as toes, balls of the feet, soles, heels, ankles, shins, fingertips or hands, and say left, right or both. Bring the sheets to every appointment. Score: 0 = none, 10 = the worst you can imagine.

Date	Where you felt numbness, tingling or burning	Worst burning or pain (0 to 10)	Numbness (0 to 10)	Balance: trips, near falls, unsteady in the dark or shower?	Nights woken by symptoms? (hours slept)	Foot check done? Anything found (cut, blister, redness)?	Blood sugar notes (if you have diabetes)	Medicine or treatment changes	Notes

Check your feet every day, including between the toes, because numb feet can hide a cut or blister. Show any wound that is red, swollen, draining or slow to heal to your physician or podiatrist promptly.

Get urgent care for weakness or numbness that spreads quickly over hours to days, trouble breathing or swallowing, or a foot wound with fever. Call 911 or go to the nearest emergency department.

This log is a record for you and your clinicians. It does not replace medical advice. Do not stop or change prescribed medicines without your prescriber.