

Name: Date of birth: Address: Telephone number:
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To help us determine whether your varicose veins cause the discomfort you are getting in your leg(s), you are advised to wear compression stocking(s) for a week. These can be purchased from your local pharmacy: You will need **class II compression stockings**. Please complete the diary below, without wearing the elastic stockings the first week. During the second week, please wear the stocking(s) every day, all day from when you first get up in the morning, removing the stocking(s) only for bathing and when you go to bed at night. If the stockings cause you to get pain in your feet, please remove at once and contact your GP.

When you have completed the diary, please return it to your GP.

DIARY

Please complete each day at bedtime.

Score any discomfort you may feel from 1 to 10, 1 being only very slightly uncomfortable and 10 being extremely uncomfortable.

First week without stockings: Did your legs:	Ache Right/Left	Itch Right/Left	Swell Right/Left
Day 1 Date:			
Day 2 Date:			
Day 3 Date:			
Day 4 Date:			
Day 5 Date:			
Day 6 Date:			
Day 7 Date:			
Second week: wearing stockings: Did your legs:	Ache Right/Left	Itch Right/Left	Swell Right/Left
Day 8 Date:			
Day 9 Date:			
Day 10 Date:			
Day 11 Date:			
Day 12 Date:			
Day 13 Date:			
Day 14 Date:			