

# Oral Ulcer Diary



Like lots of other children you have mouth ulcers.

We would like to help you and find out how to best do this we would like you to fill in this diary.

The diary will last you one week, we would like you to fill it in every day so we know how you have been getting on and bring it to your next appointment. Maybe try and fill it in at the same time everyday, for example after dinner. This is your diary, so feel free to be creative. You can include photos, drawings or stickers.

If you have any questions, please do let us know.

Thank you very much for your help.



1. The date today: \_\_\_\_\_

2. How many ulcers can you count in your mouth today? \_\_\_\_\_

3. Is your ulcer the size of a grain of rice/ smartie/ pound coin? Draw a circle round the one it's closest to in size:



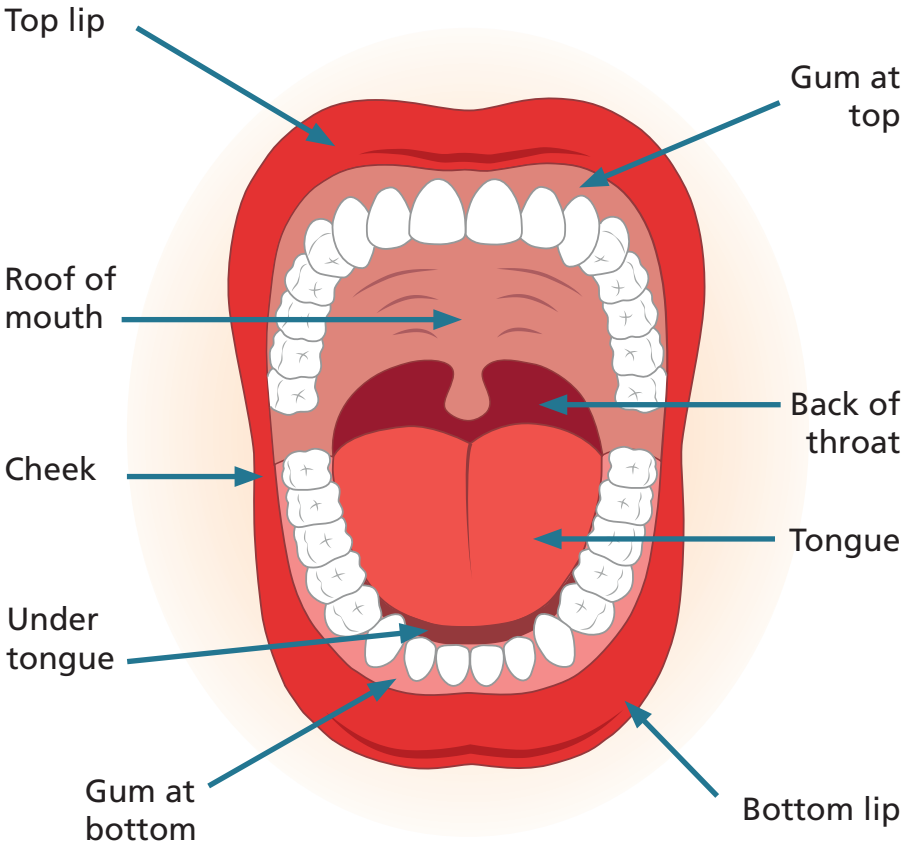
4. Has anything made your ulcers better or worse?

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5. On the line below draw a circle as to how bad the pain is:



6. Draw a circle on the picture to show where the ulcer is in your mouth



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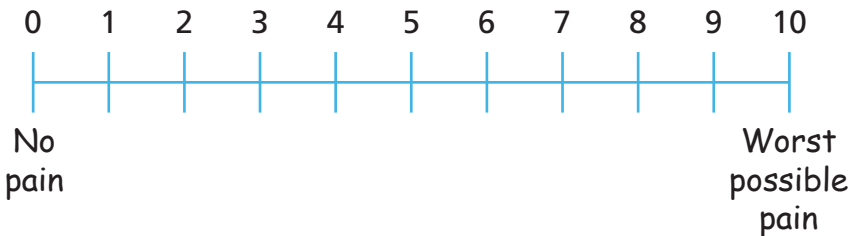
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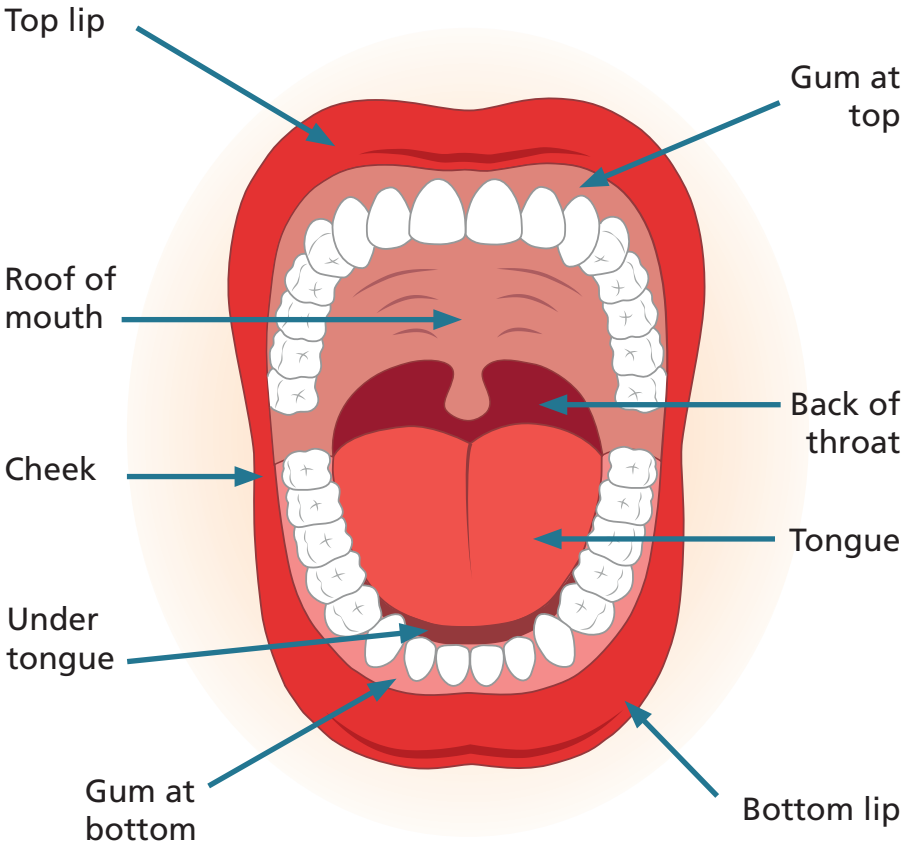
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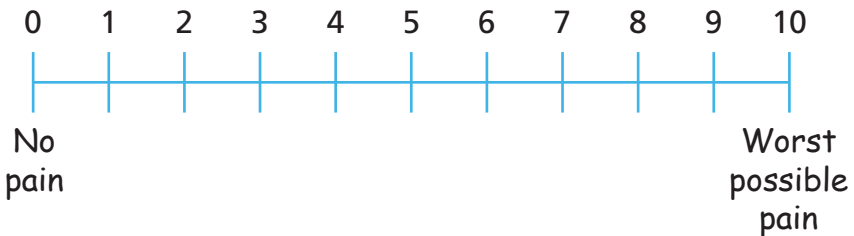
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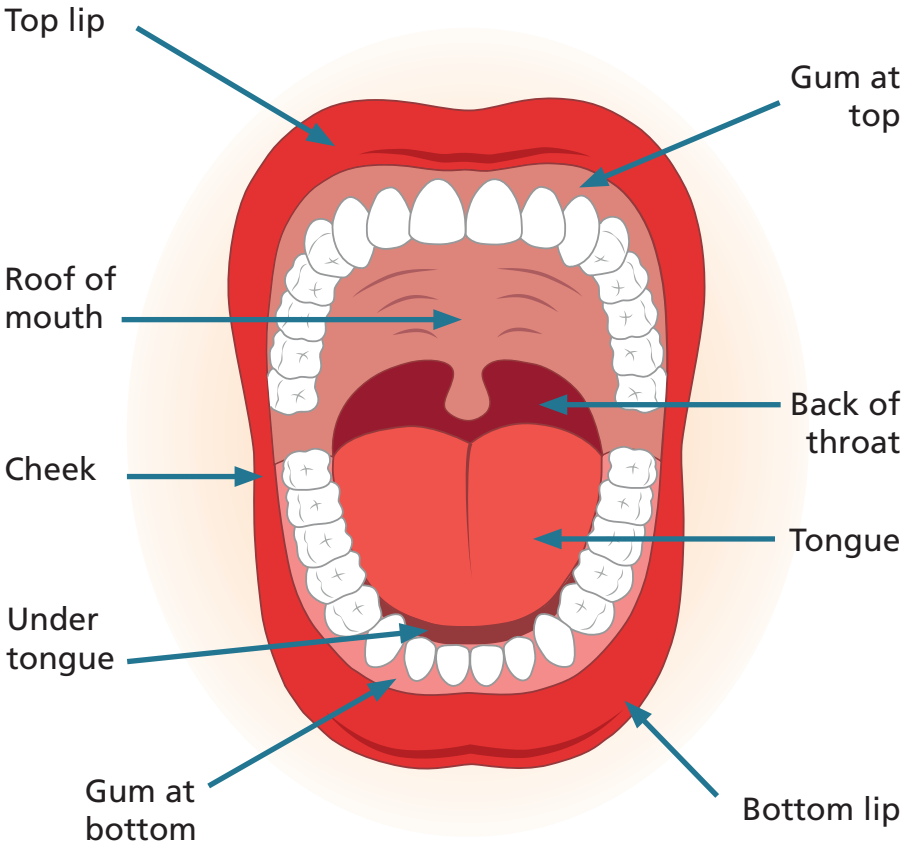
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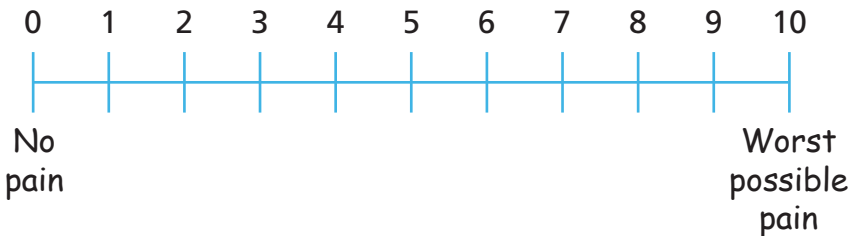
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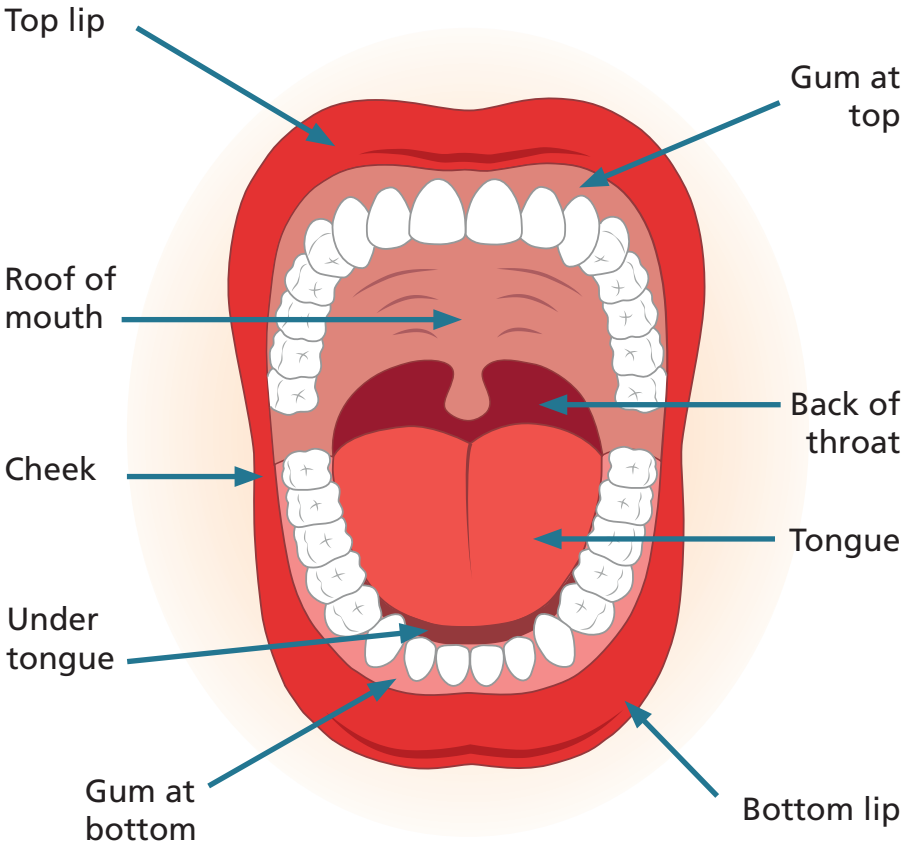
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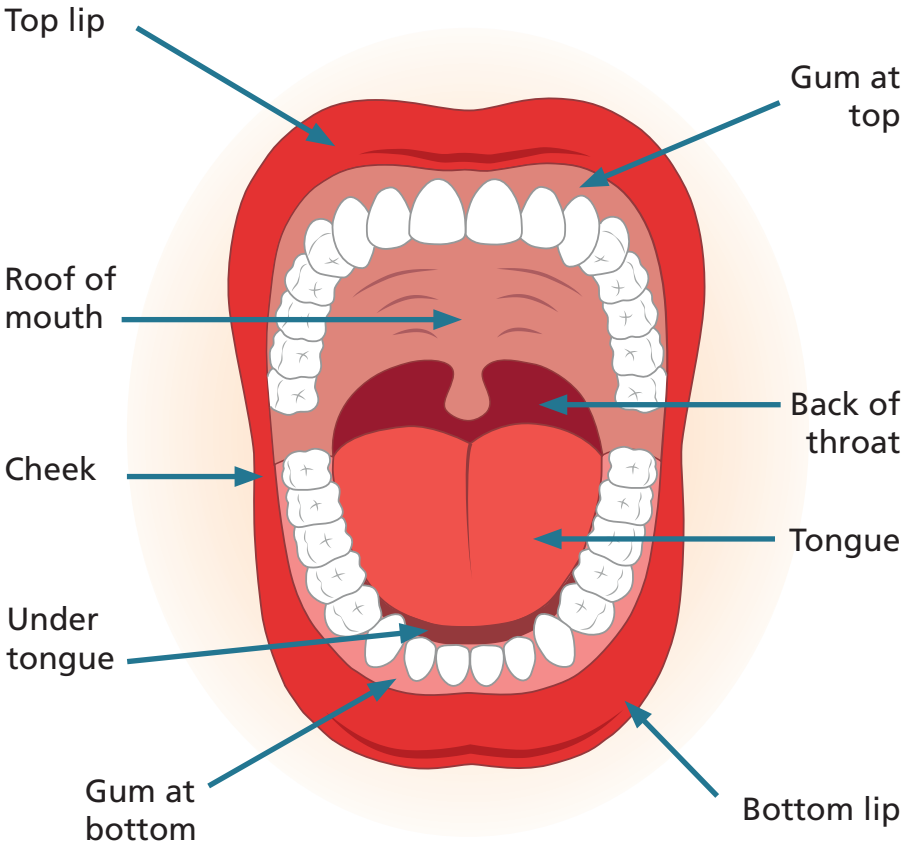
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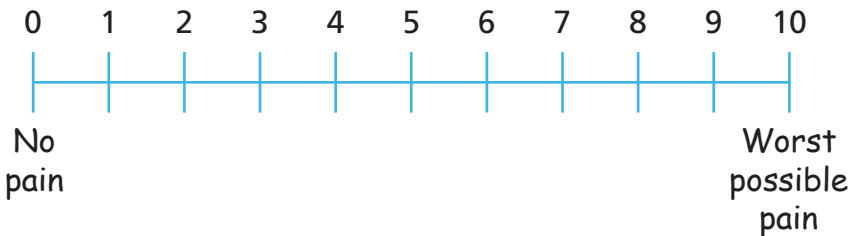
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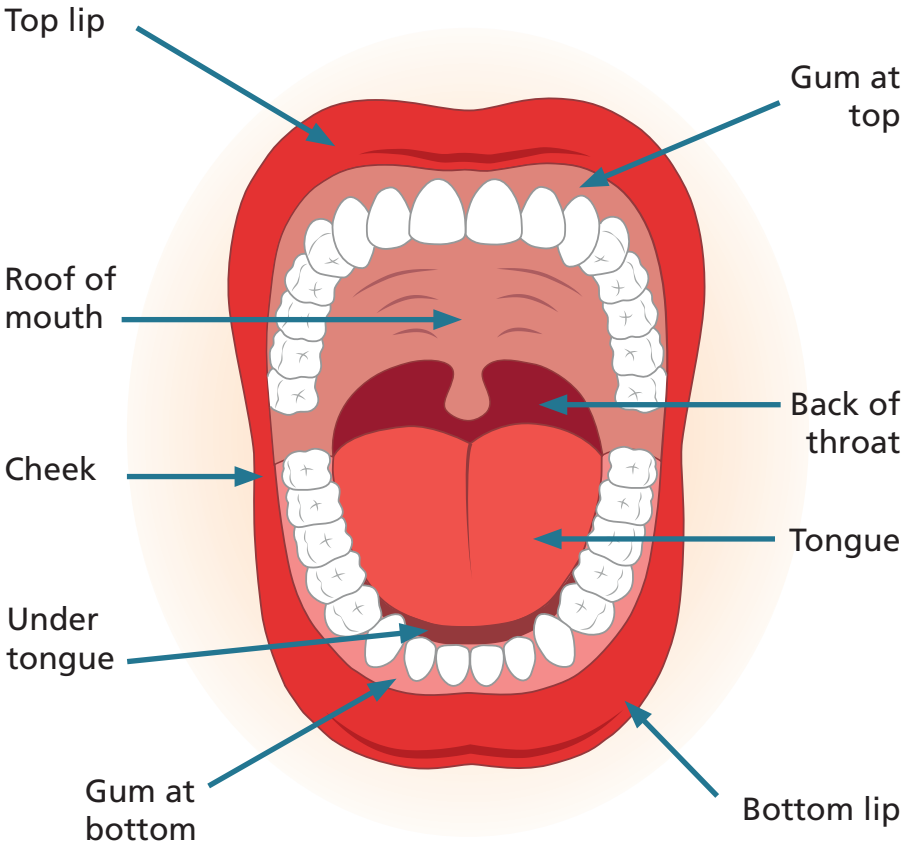
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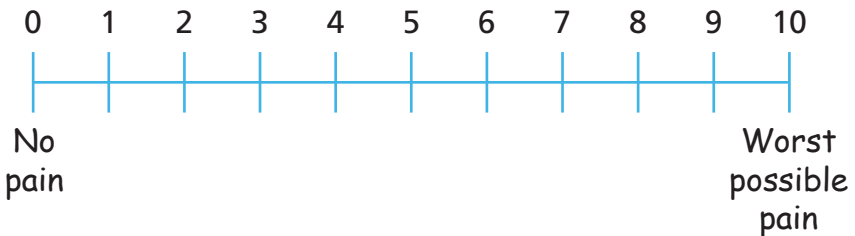
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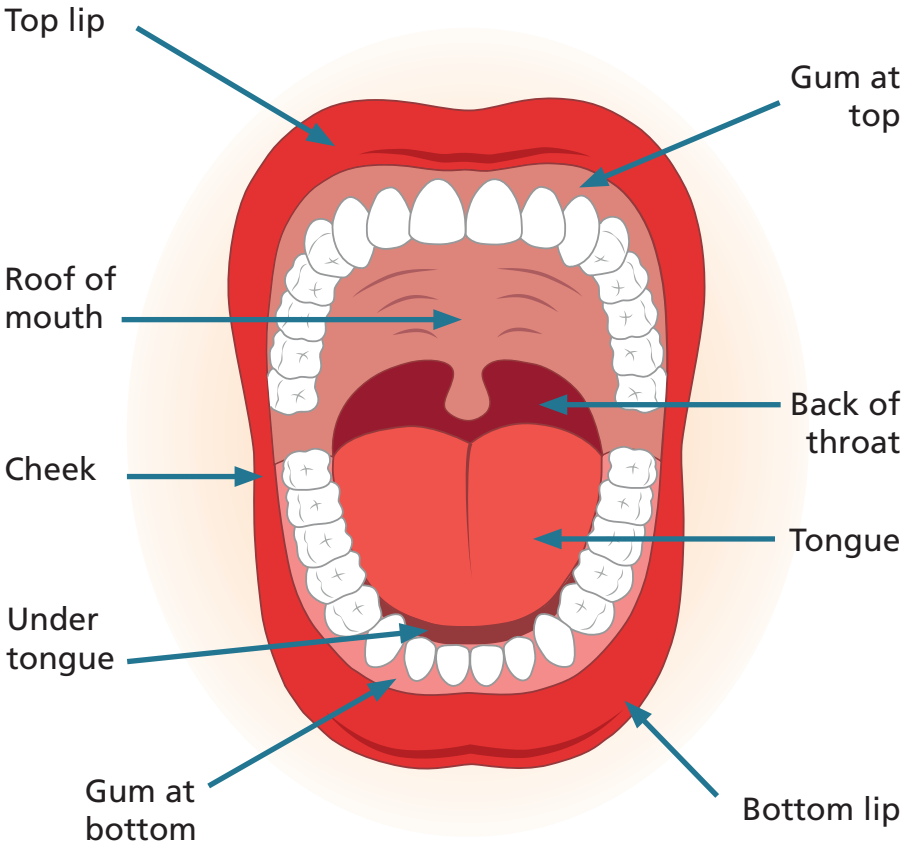
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Thank you  
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Alternative formats may be available on request.  
Please email: [sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)

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