Mass General Cancer Center Sexual Health Clinic

Vaginal Dilator Diary

This diary is to track your usage of your dilator. Please include any symptoms you experience so we can best address your needs. Please bring this diary to your next visit in our clinic.

Date	Vaginal Dilator Size	Minutes used	Vaginal symptoms/comments (pain, dryness, tightness, bleeding, etc.)

MASSACHUSETTS GENERAL HOSPITAL
CANCER CENTER

Mass General Cancer Center Sexual Health Clinic
massgeneral.org/cancer/sexualhealth
Phone: 617-726-6050

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