

Irritable bowel syndrome symptom diary

Irritable bowel syndrome (IBS) is a common digestive condition, affecting around two in 10 people in the UK. Not only is it an irritable nuisance, it can cause you pain, discomfort and distress. If you think you might have IBS, keeping track of certain factors can help you and your doctor understand what's happening and take the right action.

We've worked with our doctors, dietitians and mental wellbeing experts to design this symptom diary for you to track your symptoms. When you're recording how you're feeling, try to be as accurate, detailed and specific as you can. We recommend that you keep a diary for two to four weeks. This should be enough time to start showing any patterns or identifying any triggers. Share your completed diary with your doctor. Together, you can find out what's going on and decide a treatment plan that's right for you.

For more information about the diary, visit:
www.bupa.co.uk/individuals/health-information



Monday



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|----------------|------------------------|--|----------------------|-------------------------------------|-----------------------------------|-------|---|
| Morning | Diet | Foods | Time | Drinks | Time | Notes | |
| | Bowel movements | Colour, shape and consistency | | Frequency | Urgency | | |
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| | Emotions | Describe your mood | Stressful situations | Worries specifically about your IBS | | | Impact on quality of life <input type="checkbox"/> 1 Not at all <input type="checkbox"/> 4 Quite a bit <input type="checkbox"/> 2 Slightly <input type="checkbox"/> 5 A great deal <input type="checkbox"/> 3 Some |
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