

# Symptom diary for irritable bowel syndrome (IBS)

Date:	Morning (5am - 12pm)	Afternoon (12pm - 5pm)	Evening (5pm - 8pm)	Night (8pm - 5am)
<b>Diet</b> 				
<b>Bowel habits</b> 				
<b>Pain</b> 				
<b>Medicines</b> 				
<b>Exercise</b> 				
<b>Mental wellbeing</b> 				

See the next page for tips on how to use this diary.

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## How to use this diary

- 1 Save a copy of this diary (one for each day) to a file on your computer.
- 2 Remember to fill in the date and then click in the relevant boxes to record the following - try to be as accurate and detailed as possible:



**Diet** Keep a note of what you eat and drink day to day. Include specifics around ingredients, how your food was cooked, any snacks (including chewing gum) and how much and what you drink. Remember to include alcoholic drinks too.



**Bowel Habits** Record the colour, shape and consistency of your stools (poo) and how urgent you needed to go. Remember to keep a note of any staining or soiling in your underwear. Include also any bloating or wind. For women, it might also be helpful to record where you are in your menstrual cycle.



**Pain** Record where the pain is, what it feels like and the intensity on a scale of 1-5 (5=most painful). Is it constant, or does it come and go? Remember to make a note of any other physical symptoms, for example headaches or indigestion too.



**Medicines** Keep a note of any medicines you take. Remember to include information on any herbal remedies, and vitamin or mineral supplements too.



**Exercise** Make a note of the type, duration and intensity of any exercise you do.



**Mental wellbeing** Keep a record of your mood. Record also any stressful situations and worries that are specifically related to your IBS.

- 3 Collect **two to four** consecutive weeks worth of diary entries - this should be enough time to start showing any patterns or identifying any triggers that might cause your IBS to flare up.
- 4 Share your completed diary entries with your doctor.

### Example:

Date: 7th September		Morning (5am - 12pm)
Diet		7.30am - Toast and crunchy peanut butter (wholemeal bread), glass of orange juice (with bits)  10.30 - Tea, ginger biscuit
Bowel habits		8:00am - Light brown, loose stool (poo), with mucus - urgent.
Pain		7.40am - Cramping, abdominal (tummy) pain - level 5.
Medicines		