

IBS Symptom Tracker (Circle the answers that pertain to you under each question.) Date: _____

1. Bowel movements

During the past month, I had this approximate number of soft or loose bowel movements per day:

0 1-2 3-5 7-9 10-12 More than 12

2. Abdominal pain

Over the past month, I would rate the severity of my abdominal pain as:

(No pain) 1 2 3 4 5 6 7 8 9 10 (Severe pain)

3. Flare-ups

A flare up is a period of symptom activity that can include abdominal pain, stool changes, urgency, loss of appetite, or other symptoms relating to IBS.

I've experienced this many flare-ups over the past month:

0 1-2 3-5 7-9 10-12 More than 12

4. Rectal bleeding

Over the past month, I have seen blood in my stool:

Never Trace amount Occasionally (50% of the time) Usually (more than 50% of the time)

5. Challenges

Over the past month, IBS symptoms have caused me to

Eat less	Often	Sometimes
Decline social engagements	Often	Sometimes
Avoid activities I enjoy	Often	Sometimes
Arrive late/leave early for event	Often	Sometimes
Miss work or school	Often	Sometimes
Lose sleep	Often	Sometimes
Lose sexual desire	Often	Sometimes
Stay in bed most of the day	Often	Sometimes
Other _____	Often	Sometimes

6. Emotions

Over the past month, IBS symptoms have made me feel:

Isolated Stressed Depressed Helpless Overwhelmed Angry
Sad Anxious Embarrassed Frustrated Guilty Other _____

7. Appetite/Nausea/Body Weight

I've experienced the following changes in appetite, nausea, diet or body weight within the last month

Appetite:	Increased	Decreased	Stayed the same
Nausea:	Increased	Decreased	Stayed the same
Weight:	Increased	Decreased	Stayed the same

8. Complications

I've experienced the following complications over the past month:

Joint pain Eye issues Kidney issues Skin issues Liver issues Rectum/anus issues Other