

Food & Symptom Diary

You can use this diary to record everything you eat or drink, bowel movements and any other symptoms you have. Use a fresh page for each day.

One week should be enough to let you see if there are any obvious triggers or patterns to your symptoms.

Date:

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| --- | --- | --- |
| Time/Meal | Description of food eaten and drinks taken | Bowel movements and any other symptoms such as bloating, wind or pain – include the time when you can.  Use the chart below to help describe the type of bowel movements you have |
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