

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:

|  |  |  |
| --- | --- | --- |
| 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 |
|  |  |  |

![C:\Users\jane.sillars\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6OWAHX8G\jane.sillars_2-18-2015_14-29-57[1].jpg]()