

NAME: \_\_\_\_\_

# BOWEL URGENCY SYMPTOM TRACKER

DATE: \_\_\_\_\_

DATE	URGENCY	# OF EPISODES	TIME OF DAY	POSSIBLE TRIGGERS	ACCIDENT (Y/N)	NOTES/FEELINGS
#1						
#2						
#3						
#4						
#5						

### Severity Scale (1-10)

**1-3: Mild** (can usually wait)

**4-6: Moderate** (must find a bathroom soon)

**7-10: Severe** (cannot delay, risk of accident)



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### Weekly Reflection

Most common triggers this week: \_\_\_\_\_

Average urgency score this week: \_\_\_\_\_

Impact on daily life (work, social, emotional): \_\_\_\_\_

Am I comfortable talking with my doctor about this? \_\_\_\_\_

Questions I have for my doctor: \_\_\_\_\_

Do I have outside support or am I on my own to deal with this? \_\_\_\_\_




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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Angry	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Anxious	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Depressed	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Embarrassed	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Guilty	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Isolated	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Overwhelmed	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Stressed	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High	Low ← ○ ○ ○ ○ ○ ○ ○ ○ → High
Other (specify)							

## MANAGEMENT STRATEGIES FOR IBD

 *Many patients report that the following techniques help improve their mental health and may also help with physical symptoms. Check which of the following you've tried over the following week, and talk with your doctor about how you may incorporate those you haven't yet explored.*

**Dietary Management**

Diet and nutrition are fundamental to your bowel health, and the more you understand about the particular foods and beverages you consume, the more you'll be able to manage your intake to reduce or prevent flareups.

For example, you probably know that certain foods can exacerbate your condition, but you may not realize that some can actually calm symptoms.

Visit [nafc.org/coping-with-a-bowel-condition/](https://nafc.org/coping-with-a-bowel-condition/) for more information about tracking, changing and maintaining your diet.

**Mindfulness**

Techniques such as mindfulness, deep breathing, meditation and yoga can help control stress and potentially reduce symptoms of a bowel condition.

**Bowel Retraining**

A simple, at-home process that trains your body to have more regular bowel movements. Learn more by visiting [nafc.org/bowel-retraining/](https://nafc.org/bowel-retraining/).

**Muscle Relaxation**

Learn in just a few easy steps how to perform muscle contractions that switch your body and your mind to a more relaxed, peaceful state.

**Biofeedback**

The use of instruments – typically in a doctor's office – to help you identify and exercise pelvic floor muscles. Visit [nafc.org/biofeedback/](https://nafc.org/biofeedback/) for more information.

**Therapy**

Many patients find that cognitive behavioral therapy is an effective tool to help manage anxiety and minimize those biological triggers that aggravate bowel conditions.

**Physical Activity**

Exercise doesn't have to be strenuous to help you stay in shape and reduce stress that can trigger episodes.

More information is available at [nafc.org/coping-with-a-bowel-condition/](https://nafc.org/coping-with-a-bowel-condition/).

