

SYMPTOM EVALUATION SHEET

Name:

Gender: M F

Age:








Please record your symptoms for the previous two weeks by placing a tick in the box which best describes each symptom. If you do not have a particular symptom, please mark as 'none'.

	None	Mild (symptoms can be ignored)	Moderate (symptoms some- times interfere with daily activities)	Severe (symptoms often interfere with daily activities)
Overall abdominal symptoms				
Abdominal Pain				
Bloating				
Wind				
Constipation				
Diarrhoea				
Urgency				
Incomplete Evacuation				

ON AVERAGE, HOW OFTEN DO YOU OPEN YOUR BOWELS?

- | | |
|--|--|
| <input type="checkbox"/> Once a week | <input type="checkbox"/> 2-3 times a day |
| <input type="checkbox"/> Once every 4-6 days | <input type="checkbox"/> 4-6 times a day |
| <input type="checkbox"/> Once every 2-3 days | <input type="checkbox"/> 7+ times a day |
| <input type="checkbox"/> Once a day | |

USING THE IMAGES BELOW, PLEASE INDICATE WHICH DESCRIPTION BEST MEETS THE APPEARANCE OF YOUR STOOLS CURRENTLY:

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy piece with ragged edges, a mushy stool
Type 7		Water, no solid pieces. Entirely Liquid

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DO YOU CURRENTLY HAVE SATISFACTORY RELIEF OF YOUR GUT SYMPTOMS? (please circle)

Yes

No

PLEASE LIST ANY MEDICATIONS YOU ARE CURRENTLY TAKING TO HELP MANAGE YOUR GUT SYMPTOMS:

PLEASE RECORD YOUR CURRENT LEVEL OF STRESS (PLACE A TICK IN THE APPROPRIATE BOX):

None

Mild

Moderate

Severe

PLEASE INDICATE HOW MUCH YOUR IRRITABLE BOWEL SYNDROME IS AFFECTING OR INTERFERING WITH YOUR LIFE IN GENERAL (PLACE A TICK IN THE APPROPRIATE BOX):

Not at all

Not much

Quite a lot

Completely