NAME:

IRRITABLE BOWEL SYNDROME LOG

Date	**Number of Bowel Movements**	**Symptoms** 1) Diarrhea 2) Constipation 3) Abdominal Distress 4) Bowel Disturbance	**Medication (Over the Counter and Prescription; such as Imodium, Pepto-Bismol, Antacids)**	**Symptoms Experienced (Daily Notes)**
Example	**3**	**1**	**Imodium**	*Example:* **Had three bowel movements today (all diarrhea). I experienced severe abdominal distress from 12:30 to 5:00.**

Signature: Date:

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Rating Criteria for Respective Evaluations

30 Percent:
Severe; diarrhea, or alternating diarrhea and constipation, with more or less constant abdominal distress.

10 Percent:
Moderate; frequent episodes of bowel disturbance with abdominal distress.

0 Percent:
Mild; disturbances of bowel function with occasional episodes of abdominal distress.

NOTE: Irritable bowel syndrome (IBS) is rated analogous to (7319) Irritable Colon Syndrome (spastic colitis, mucous colitis, etc.)