

IBS: Symptoms Checklist

Understanding Irritable Bowel Syndrome



IBS: What Is It?

Irritable Bowel Syndrome (IBS) is a disorder that interferes with the normal functioning of the large bowel, and has a wide and varying range of symptoms.

If you have been experiencing any of the following symptoms for at least 6 months,¹ you could be suffering from IBS:

- **A**bdominal pain or discomfort
- **B**loating
- **C**hanges in your bowel habit – constipation or diarrhoea

Are you suffering from IBS?

If you suspect that you may be experiencing symptoms of IBS, it is essential that you see a healthcare professional so that IBS can be confirmed. It may be helpful to fill in the chart overleaf and take it with you to see your pharmacist, GP or nurse in order for them to identify whether your symptoms are due to IBS.

IBS: Symptoms

Record your symptoms in the chart below before visiting your pharmacist, GP or nurse. It will help them to identify whether the symptoms you are experiencing are due to IBS.

If you are currently suffering from red flag symptoms (†) or you are experiencing symptoms on a frequent or permanent basis it is essential that you seek advice from a healthcare professional.

I am suffering from	I tend to experience these symptoms				Attacks usually last				
	More than once a week	Once a week	Every couple of weeks	Once a month	Minutes	Hours	1 day	3 days	More than 3 days
Abdominal pain	✓		✓				✓	✓	
Cramps									
Bloating		✓		✓					✓
Constipation				✓		✓			
Diarrhoea									✓
Mucus in stools				✓				✓	
Anxiety/depression †						✓			
Blood in stools †									
Other:									

† May warrant further investigation

1. Irritable bowel syndrome: NICE guideline, NICE clinical guideline 61, February 2008

IBS: Top Tips!

- Keep a food diary and avoid any food that triggers symptoms
- Cut out spicy and fatty foods from your diet, as well as gas producing vegetables such as beans
- Try to eat more fruit and vegetables and drink plenty of water
- Try to drink less alcohol and swap tea and coffee containing caffeine for herbal teas
- Try some relaxation exercises – yoga can help
- Try to avoid stressful situations which can trigger symptoms



IBS: Symptoms


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Mucus in stools									
Anxiety/depression ▶									
Blood in stools ▶									
Other:									

▶ May warrant further investigation

IBS: Want To Know More?



www.ibs-relief.co.uk is an informative resource for people interested in understanding the symptoms of IBS and provides practical lifestyle advice and treatment solutions.

The Gut Trust

The Gut Trust Helpline: 0114 272 3253

www.theguttrust.org

IBS: Targeted Treatment

Buscopan® IBS Relief is clinically proven to provide effective and targeted relief from painful abdominal cramps associated with medically confirmed IBS. Buscopan® IBS Relief is an antispasmodic treatment, which works directly on the cramping muscle of the bowel to ease pain and discomfort. Its active ingredient is derived from natural hyoscine extracted from the Duboisia plant found in Australia and South America.



Buscopan® IBS Relief is available from pharmacies and supermarkets. Always read the label. Contains hyoscine butylbromide.