

IBS-D

ON TRACT

SELF-ASSESSMENT TOOL



Self-Assessment Criteria

This Self-Assessment Criteria is based on the “Rome III Diagnostic Criteria” that is used to evaluate all functional gastrointestinal disorders. If you answer yes to two or more of the questions below, and have been experiencing symptoms for the past 6 months or more, it is possible that your doctor will diagnose you with IBS.

Are you experiencing recurrent abdominal pain or discomfort** at least 3 days per month in the last 3 months, associated with two or more of the following:

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Improvement with defecation (urge to go) |
| <input type="checkbox"/> | <input type="checkbox"/> | Onset associated with a change in frequency of stool |
| <input type="checkbox"/> | <input type="checkbox"/> | Onset associated with a change in form (appearance) of stool |

** “Discomfort” means an uncomfortable sensation not described as pain.

Additional Possible Symptoms

Check yes if you experience any of the following symptoms that most frequently affect those with IBS-Dⁱ:

- | | | | | | | | | |
|--------------------------|--------------------------|---|--------------------------|--------------------------|------------------------------|--------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Sudden urges to have bowel movements | <input type="checkbox"/> | <input type="checkbox"/> | Loose stools | <input type="checkbox"/> | <input type="checkbox"/> | Frequent stools |
| <input type="checkbox"/> | <input type="checkbox"/> | Abdominal pain | <input type="checkbox"/> | <input type="checkbox"/> | Abdominal discomfort | <input type="checkbox"/> | <input type="checkbox"/> | Nausea |
| <input type="checkbox"/> | <input type="checkbox"/> | Gas | <input type="checkbox"/> | <input type="checkbox"/> | Incomplete evacuation | <input type="checkbox"/> | <input type="checkbox"/> | Abdominal pain |

Self-Reflection

Use the following space to jot down which of your symptoms are most frequent and/or bothersome, and what is most important to you in a medical treatment.

ⁱ AboutIBS.org. IBS with Diarrhea. Feb. 2015. Available at: <http://www.aboutibs.org/site/signs-symptoms/diarrhea>. Accessed April 2016.