



## My symptom management

### When I am feeling my best

My stool frequency is ____ per day	I usually do / don't have night-time stools	I usually do / don't see blood in my stools	I usually do / don't need to rush to the toilet
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Note: 'stools' includes incomplete bowel movements when you only pass mucus and/or blood.

### When my symptoms are changing... keep a diary for 3-4 days

	Stool frequency			Night-time frequency			Blood in stools		
Date	0-3	4-6	6+	0	1	2+	None	Trace	Large

Complete with gastroenterologist

### What should I do?

Mostly **GREEN**: continue taking medications as recorded in your UC medication plan.

Mostly **ORANGE**: take these actions (e.g. medication or contact):

- 1.
- 2.
- 3.
- 4.

If you ticked ANY **RED**: then you should contact:

**Go to hospital if you feel very unwell or develop fever, lots of bleeding and/or severe stomach pain.**

### What I do to keep myself well

<b>Smoking</b>	Do you currently smoke?	Have you previously smoked?
<b>Diet</b>		
<b>Supplements</b>		
<b>Emotional well-being</b>		
<b>Exercise</b>		

**Note:** Any big changes to your lifestyle should be talked about with your GP, gastroenterologist or IBD nurse.

Complete with your GP

### My health checks

	Tick if required	Year of last	Year of next
Cervical screening test			
Skin check			
Influenza vaccine			

### Additional support

CCA Helpline & NurseLine: [call 1800 138 029](tel:1800138029)

Crohn's & Colitis Australia: [crohnsandcolitis.org.au](http://crohnsandcolitis.org.au)

Gastroenterological Society of Australia: [gesa.org.au/education/patient-resources](http://gesa.org.au/education/patient-resources)

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