

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

Date	Stool frequency			Night-time frequency			Blood in stools		
	0-3	4-6	6+	0	1	2+	None	Trace	Large
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

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

My health checks

	Tick if required	Year of last	Year of next
Cervical screening test	<input type="radio"/>		
Skin check	<input type="radio"/>		
Influenza vaccine	<input type="radio"/>		

Complete with gastroenterologist

Complete with your GP

Developed in 2023 as part of the GP Aware Project

Additional support

CCA Helpline & NurseLine: **call 1800 138 029**

Crohn's & Colitis Australia: **crohnsandcolitis.org.au**

Gastroenterological Society of Australia: **gesa.org.au/education/patient-resources**

Inflammatory bowel disease GP Aware consortium

