

Digestion form

Please circle appropriate issues and add extra detail if possible

Details of complaint:						
How long's this been going on?						
What triggered it?						
How's it changed over time?						
Typical diet:						Approx time
Breakfast:					
Lunch:					
Evening meal:					
Snacks:						
Drinks:						
Known intolerances:						
Medication/ Supplements:			Qty:			How long:
Taste:	no problem	bitter	metallic	sweet	sticky	lacking
Energy:	better after a bowel motion			worse after a motion		
Wind:	belching(up)	flatulence(down)	not smelly	foul smelling	sour	
quantity:	lots	medium	little			
Bloating:	none	with food	lots	much 'tummy rumbling'		
Pain:	Fixed	moves	comes and goes	cramps	spasms	
	Dull	severe	burning			
Timed to opening bowels?	before		during	after		
Site:	chest	upper abdomen	around the navel	lower abdomen	rectum	
Worse for:	warmth	moving	evacuation	pressure	cold	food fluids
Bowel opening:	first thing a.m.	soon after eating	worse with anxiety	constipation then diarrhoea		
Frequency:	times a day?		times a week?	varies a lot		
Stool colour:	normal	pale	yellow	black	green	pale and watery yellow and watery
Stool texture:	soft/watery	soft	undigested food	dry+hard	tarry	
	fluffy	well-formed	alternates from loose to firm			
Stool shape:	liquid	lumps in liquid	loose	thin and bitty	round and bitty	
	long and thin	normal	large & compacted			
Ease of evacuation:	explosive	difficult	incomplete	easy		
	urgent	unproductive urge				
Mucous:	none	occasionally	with stool	on its own		
Blood:	dark	bright red	before/during motion	after motion		