

Name: _____

Date: _____

Rate the below Irritable Bowel Syndrome (IBS) symptoms								
								
	bloating	heartburn	pain	excessive flatulence	growling	constipation/ diarrhoea	nausea	excessive burping
Frequency								
Severity								

Frequency: daily | every second day | 3 times per week | once a week | 1-3 times a month | 2-5 times in a year | never

Severity: scale 0-10. 0 = no symptoms, 10 = sever symptoms impacting on your ability to carry out daily tasks.