

# Home gastrointestinal symptom tracker

Check the boxes that apply to your symptoms each day. See opposite side for symptom examples.

GI Symptom Tracker	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Loose and/or large bowel movements							
Foul smelling bowel movements							
Constipation							
Diarrhea							
Mucus or oil in the bowel movements							
Gas and/or cramping							
Stomach pain							
Bloating or distention							
Difficulty gaining weight							
Appetite: <b>L</b> ess, <b>M</b> ore, <b>B</b> aseline							
Other:							
Total number of bowel movements/day							

Comments:

# Unhealthy Bowel Movements (BM)



Frequent BM



Going more than 48 hours without a BM



Loose BM



Lots of gas



Floating BM, greasy BM, oil slicks on water, ring in the toilet after flushing



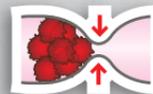
Separate hard lumps often associated with constipation



Very foul odor



BM that are discolored



BM that are hard to pass



Stomach pain, cramps, feeling bloated



Diarrhea

# Healthy Bowel Movements (BM)



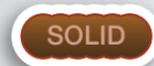
1-2 BM/day



BM that sink to the bottom of the bowl



Odor no worse than other family members



Solid BM



BM that are brown in color



BM that leave the body with no strain or discomfort

This GI Symptom Tracker tearsheet pad is brought to you courtesy of Eurand Pharmaceuticals, Inc. [www.eurand.com](http://www.eurand.com), and is intended for patient use.

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