



YOUR GUT HEALTH GUIDE

NOBODY LIKES TO TALK ABOUT POOP. IT'S EMBARRASSING, RIGHT? BUT IT'S AN IMPORTANT CONVERSATION TO HAVE. KNOWING YOUR "NUMBER" IS AN EASY WAY TO TALK TO A DOCTOR ABOUT ONE OF THOSE AWKWARD TOPICS - STOOL CONSISTENCY. YUP, THEY WILL ASK! DISCUSSING ALL OF YOUR SYMPTOMS AND HOW THEY IMPACT YOUR LIFE, IN AND OUT OF THE BATHROOM, CAN SET YOU ON THE PATH TO RELIEF.

1 HOW MANY BOWEL MOVEMENTS DO YOU HAVE IN A WEEK?

2 DO YOU EXPERIENCE ANY OF THE FOLLOWING?
 ABDOMINAL PAIN STRAINING (DIFFICULTY PASSING STOOLS)
 BLOATING / DISTENSION INCOMPLETE BOWEL MOVEMENTS
 HARD STOOLS

HAVE YOU EXPERIENCED THESE FOR MORE THAN 3 MONTHS?
 YES NO

WHAT SYMPTOMS LEAVE YOU SAYING OH MY GUT!?! (PLEASE EXPLAIN)

3 DID YOU TRY TO FIND RELIEF BY USING ANY OVER-THE-COUNTER TREATMENTS WITHIN THE LAST MONTH?
 YES NO

IF SO, WHICH TREATMENTS HAVE YOU TRIED?

4 HAVE YOU NOTICED ANY CHANGES IN THE FREQUENCY OR APPEARANCE OF YOUR BOWEL MOVEMENTS? (SEE EXAMPLE IMAGES AT RIGHT)
 YES NO

IF YES, WHAT HAS CHANGED?

5 HOW OFTEN DO YOUR SYMPTOMS AFFECT YOUR PERSONAL AND/OR PROFESSIONAL LIFE?
 DAILY WEEKLY MONTHLY RARELY

WHAT'S YOUR NUMBER?

1 Separate hard lumps, like nuts (hard to pass)

2 Sausage-shaped but lumpy

3 Like a sausage but with cracks on the surface

4 Like a sausage or snake, smooth and soft

5 Soft blobs with clear-cut edges

6 Fluffy pieces with ragged edges, a mushy stool

7 Watery, no solid pieces. Entirely liquid

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