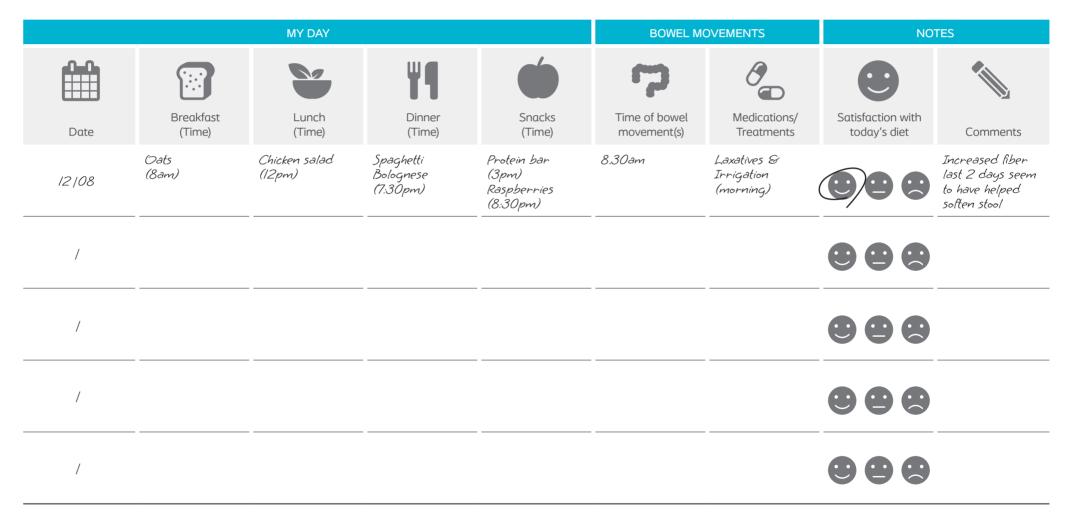
My Food Diary

Many people keep a food diary, whether they have bowel issues or not, to help them identify how certain foods make them feel. This food diary is intended to help you keep track of what you have been eating and if there are any foods or food groups that might have an influence on your digestion, bowel function or transanal irrigations.

Print out this diary and be ready to fill it out after you eat. Get to know your bowels a little better.



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| | MY DAY | | | | BOWEL MOVEMENTS | | NOTES | |
|------|---------------------|-----------------|------------------|------------------|------------------------------|----------------------------|-----------------------------------|----------|
| Date | Breakfast (Time) | Lunch (Time) | Dinner (Time) | Snacks (Time) | Time of bowel movement(s) | Medications/ Treatments | Satisfaction with today's diet | Comments |
| / | | | | | | | | |
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Ostomy Care | Continence Care | Wound and Skin Care | Interventional Urology | Voice and Respiratory Care

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