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Keeping a food diary can help you identify how certain foods make you 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 influence your digestion, bowel function or transanal irrigation (TAI).

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

| 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 |
| 12/08 | Oats (8am) | Chicken salad (12pm) | Spaghetti Bolognese (7:30pm) | Protein bar (3pm) Raspberries (8:30pm) | 8.30am | Irrigation & daily medication (morning) |    | Increased fiber last 2 days seem to have helped soften stool |
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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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Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.