My Ulcerative Colitis Tracker

Living with ulcerative colitis can be difficult, especially during a flare.[1,2] Keeping a record of your symptoms is important. In addition, having a tracker may help you and your healthcare provider manage your condition according to your specific needs. Fill this tracker out every day. Then, share it with your healthcare provider at your next visit.

My personal targets, as determined by my HCP

- ☐ Stool Frequency
- ☐ Rectal Bleeding

☐ My average number of stools per day when I am not flaring

(Note: everyone's average stool frequency is different.)

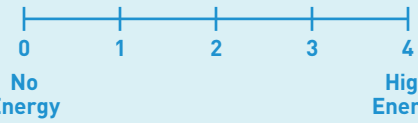
Rectal Bleeding Score
(Place corresponding number in box on calendar day below.)

None	Visible blood with stool less than half the time	Visible blood with stool half of the time or more	Passing blood alone
0	1	2	3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Date	Date	Date	Date	Date	Date	Date
Number of Stools Day							
Number of Stools Night*							
Total Number of Stools							
Rectal Bleeding Score							

FATIGUE TRACKER

Mark along the scale your average level of energy this week.



In the previous 2 weeks, if you needed to go urgently, did you have trouble stopping your bowel movement for longer than 15 minutes?[3]

- ☐ Yes
- ☐ No

In the previous 2 weeks, how often did you soil your underwear (soiling from bowel)?[3]

- ☐ Never
- ☐ Less than once a week
- ☐ 1-2 days per week
- ☐ 3-5 days per week
- ☐ 6-7 days per week

How much of the time during this week have you felt angry because of your bowel problem?[4]

- ☐ All of the time
- ☐ Some of the time
- ☐ Hardly any of the time
- ☐ None of the time

How often during this week have you had to delay or cancel social plans because of your bowel problem?[4]

- ☐ All of the time
- ☐ Some of the time
- ☐ Hardly any of the time
- ☐ None of the time

How much difficulty have you had during the previous week doing leisure or sports activities?[4]

- ☐ A lot of difficulty
- ☐ Some difficulty
- ☐ Hardly any difficulty
- ☐ No difficulty

*Number of stools at night means the number of stools you have that wake you up after having gone to bed at night and before you get up in the morning to start your day.

HCP=healthcare professional.

References: 1. Bernstein CN, Eliakim A, Fedail S, et al; Review Team. World Gastroenterology Organisation Global Guidelines Inflammatory Bowel Disease: Update August 2015. J Clin Gastroenterol. 2016;50(10):803-818. **2.** Lönnfors S, Vermeire S, Greco M, Hommes D, Bell C, Avedano L. IBD and health-related quality of life - discovering the true impact. *J Crohns Colitis*. 2014;8(10):1281-1286. **3.** Bakx R, Sprangers MA, Oort FJ, et al. Development and validation of a colorectal functional outcome questionnaire. *Int J Colorectal Dis*. 2005;20(2):126-136. **4.** Irvine EJ, Zhou Q, Thompson AK. The Short Inflammatory Bowel Disease Questionnaire: a quality of life instrument for community physicians managing inflammatory bowel disease. CCRPT Investigators. Canadian Crohn's Relapse Prevention Trial. *Am J Gastroenterol*. 1996;91(8):1571-1578.

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