



The home of IBD information & support

Your IBD Wellbeing Results

Thank you for completing the IBD Wellbeing Tool. Below is a summary of your results.

You can print this out or save it to your computer or mobile device. You can also take the PDF with you during your next appointment with your doctor or nurse so they can provide you the support you might need to make some of the changes suggested.

How well do you feel your condition is managed at the moment?

Quite well – I feel able to cope with normal life

In the last few days how have you taken your medication?

Regularly as directed by my doctor

Why is it difficult to take your medication regularly?

How much exercise do you do each week?

At least 20 minutes three times a week

How would you classify your sense of emotional well being?

I am generally quite stressed/anxious

Do you feel able to speak freely to others about your condition?

No – I can not discuss my condition with others

Describe your eating habits

I eat three meals a day

Do you take a multivitamin supplement?

Yes

Do you smoke?

Yes

How much alcohol do you drink each week?

I do not drink alcohol at all or I drink very rarely (less than once a month)

What types of food do you eat regularly?

- Fish and poultry
- Red meat

Your Results

Managing your IBD can be a real challenge, supporting yourself by making good choices about your lifestyle is so important. Below are some recommendations to help you manage your IBD, tailored to suit you based on the answers you have given.

Medication

Well done - taking your medication as prescribed by your doctor will really help manage your IBD.

Exercise

Meat products contain essential amino acids and are a good protein source. Protein is especially important during a flare-up and just afterwards. Always remove the visible fat and choose lean and low fat cuts.

Stress & Emotions

Although emotional upset does not cause IBD itself, in some people stressful situations, or strong emotions, may lead to flare-ups of symptoms. If you find you are anxious or stressed a lot try:

If none of these help - speak to your doctor or specialist.

Communication

It can be hard to discuss your condition with others, but talking about your IBD will help people to understand more about you and what you are going through so they can support you better. You may find it helpful to join patient groups, where you can talk about what you are going through with others in a similar situation. [Visit our useful links page for more information.](#)

Eating

Meat products contain essential amino acids and are a good protein source. Protein is especially important during a flare-up and just afterwards. Always remove the visible fat and choose lean and low fat cuts.

Vitamins

In general, it is probably worthwhile for most people with IBD to take a multivitamin preparation regularly. Speak to your doctor about the best vitamin or mineral supplements to take for your situation.

Smoking

Research has shown that smoking has a negative effect in patients with Crohn's disease. There is conflicting evidence around the effect of smoking on ulcerative colitis, but in general smoking is bad for your health.

Alcohol

Drinking moderately is generally ok for people with IBD - however if you feel your symptoms worsening you should try to cut out alcohol for a while to see if it makes a difference.

The Guts4Life IBD Wellbeing Tool is NOT A SUBSTITUTE FOR MEDICAL ADVICE. The IBD Wellbeing Tool is intended for information purposes only and is not intended as a substitute for medical professional help, advice, diagnosis or treatment. Users of this tool assume the risk that the information and documentation contained in the tool may not meet their needs and requirements. If you think you may have a medical emergency, call your doctor or emergency medical services immediately.



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