



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.

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### 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?

Just when I remembered

### Why is it difficult to take your medication regularly?

I don't think it helps me

### 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 feel generally OK

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

Yes – I can discuss it with most people I meet

### Describe your eating habits

I eat small portions throughout the day

### Do you take a multivitamin supplement?

No

### Do you smoke?

Yes

### How much alcohol do you drink each week?

No more than a few glasses of wine

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## What types of food do you eat regularly?

- Ready meals
- High fibre foods such as bran and oats

## 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

It's really important that you take your medication regularly. Maintenance treatment of Crohn's disease and ulcerative colitis has to be taken regularly to prevent flare-ups.

Although you may not see any immediate changes to your symptoms when you stop your medication, stopping your medication can increase the chance of a flare-up.

Patients who take their medication as prescribed have a really strong chance of maintaining remission, compared to those who don't take their medicine regularly. If you really feel your medication is not helping you, discuss this with your doctor or specialist who can adjust your treatment accordingly.

### Exercise

Eating small portions throughout the day is generally beneficial to people with IBD. Smaller portions will help to reduce the load on the digestive system, helping it to digest the food better.

Liquidised or blended foods are really useful when you are having a flare-up. Discuss with your doctor or dietician how best to integrate a blended/liquidised diet if you haven't already.

Try to eat more freshly made foods. Processed foods can aggravate symptoms of IBD.

Although high fibre foods are good for you, these can aggravate symptoms (especially when the intestines are inflamed). Cook high fibre foods before eating, rather than eliminating these necessary foods from your diet.

### Stress & Emotions

Keeping emotionally well can really help with your IBD - keep up the good work!

### Communication

Well done - talking about your IBD will help people to understand more about your condition and how it affects you. It will also help to break taboos around IBD. If you haven't already, you may also 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

Eating small portions throughout the day is generally beneficial to people with IBD. Smaller portions will help to reduce the load on the digestive system, helping it to digest the food better.

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## 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.

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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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