

Bathroom Anxiety Route Card for IBS

Use this card before a public day, commute, class, date, trip, or appointment.

1. Check Stop Signs First

Get medical help or clinician guidance if symptoms include blood, fever, unintentional weight loss, dehydration, severe or worsening pain, waking from sleep to have bowel movements, or a major change from your usual pattern.

2. Name the Dominant Problem Today

Dominant problem	First route
Urgency after meals	Map meal timing, caffeine, fat, portion size, and commute buffer
Fear of no bathroom access	Map the first reliable bathroom and backup option
Active flare	Use a simple flare plan instead of a long experiment
Avoiding normal life	Ask about gut-brain support, counseling, or clinician support

3. Build the Access Plan

- First bathroom option:
- Backup bathroom option:
- Commute or arrival buffer:
- Quiet backup supplies:
- Trusted person or support route:

4. Keep the Food Experiment Small

Do not add a new restriction list on a high-fear day. Stabilize the route first, then test one food, timing, caffeine, hydration, or stress variable at a time.