

College Dorm IBS Flare Plan Card

Stop Signs

Get medical help for blood or black stool, fever, dehydration, repeated vomiting, severe or worsening pain, unexplained weight loss, symptoms outside baseline, or constipation with swelling, vomiting, or inability to pass gas or stool.

Campus Map

Need	My Plan
Lowest-stress bathroom	
Campus health contact	
Professor or attendance route	
Dining-hall fallback	
Dorm food floor	

Dorm Food Floor

- Starch:
- Protein:
- Fluid:
- Snack:
- Simple meal:

Flare-Day Script

1. Check stop signs.
2. Choose the easiest bathroom route.
3. Use simple fluids and familiar food.
4. Email or reschedule what cannot happen today.
5. Contact campus health if symptoms are severe, new, or outside baseline.