

# Bloating Route Map

Use this one-page map to choose the next article by symptom pattern. It is not a diagnosis tool.

Main pattern	Better next route
Bloating plus constipation or incomplete evacuation	Constipation and bloating
Bloating after high-FODMAP foods	Low FODMAP bloating guide
Bloating with early fullness, nausea, or upper-abdominal heaviness	Functional dyspepsia
Bloating with urgency after meals	Urgency after meals
Bloating after beer, cocktails, carbonation, or rich meals	Alcohol or fat/sugar alcohol pattern
Bloating with severe pain, vomiting, swelling, bleeding, fever, or weight loss	Medical evaluation before food troubleshooting

## Notes

- My main symptom:
- Symptoms that make this feel unsafe:
- Food or timing pattern I can test:
- Next article or clinician question: