

# IBS Away-From-Home Day Plan

Use this before a workday, school day, commute, exam, shift, or appointment. The goal is not to control every symptom. The goal is to make the day less fragile.

## 1. Pick the Dominant Risk

Today's main risk	Circle one
Urgency / diarrhea	
Constipation / bloating	
Pain / cramps	
Reflux / nausea	
Stress or public-symptom fear	
Active flare before leaving	

## 2. Map the Day

Planning point	My plan
First reliable bathroom after leaving	
Commute buffer or backup route	
Meal or snack I can trust	
Caffeine plan	
Hydration plan	
Small backup kit item	
Person/office/support route if needed	

## 3. Stop Signs

Move from self-management to medical guidance if there is blood or black stool, fever, severe or worsening pain, persistent vomiting, dehydration, unexplained weight loss, or symptoms clearly different from your usual pattern.

## 4. Review Afterward

- What part of the plan helped most?
- What was the first moment the day became difficult?
- Was the main issue urgency, meal timing, caffeine, hydration, sleep, stress, or an active flare?
- Which next guide fits the pattern now?