

IBS-D Urgency Trigger Audit

Use this one-pager to check the highest-yield urgency drivers before you decide the answer is "eat even fewer foods."

Audit These First

- **Caffeine:** coffee, energy drinks, pre-workout, and strong tea
- **Fizzy drinks:** sparkling water, soda, kombucha, and mixers
- **Alcohol:** especially when paired with restaurant food or late meals
- **Sugar alcohols:** sorbitol, mannitol, xylitol, maltitol, and similar sweeteners
- **Hidden ingredients:** sauces, seasonings, supplements, medications, chewing gum, and "sugar-free" products
- **Meal rhythm:** long gaps, oversized meals, or all-day grazing

Do Not Accidentally Turn the Plan Into This

- plain rice and chicken for every meal
- fear-based skipping before leaving home
- cutting tolerated foods without a clearer reason
- assuming every loose stool means another food needs to go

Calmer-Day Defaults

- regular meals instead of long gaps
- still water instead of a trigger-heavy drink pattern
- simpler low-FODMAP meals instead of chaotic mixed eating
- a short written note about what changed that day
- symptom-targeted support discussion if urgency is still running everything

Escalation Clues

- watery diarrhea despite a clean low-FODMAP trial
- symptoms that are still severe even with simpler meals
- urgency that worsens after fatty meals
- blood in stool, weight loss, fever, or other red flags

Quick Reminder

The goal is less urgency and more confidence, not a smaller and smaller diet.