

Urgency-Friendly Low-FODMAP Reset Checklist

Use this worksheet when you are following low FODMAP but diarrhea or urgency is still the symptom running the day.

1. Trial Quality Check

- I have given the diet a clean, short trial rather than changing random foods every few days.
- I remember low FODMAP is a temporary 3-step process, not a forever elimination diet.
- I am not making the diet stricter just because I feel frustrated.

2. High-Yield Trigger Audit

- I have reviewed caffeine, fizzy drinks, alcohol, and oversized meals before cutting more foods.
- I have checked for sorbitol, mannitol, xylitol, or other polyols in sugar-free products, supplements, or medications.
- I have looked for hidden ingredients in sauces, packaged foods, and restaurant meals.

3. Meal Pattern Check

- I am eating regular meals instead of long gaps followed by a huge meal.
- I am not grazing all day in a way that makes the whole pattern hard to read.
- I am keeping enough food variety and meal volume to avoid a tiny "safe foods" diet.

4. Fiber and Food Pattern Check

- I am not assuming I need zero fiber.
- I have been more careful with rough bran-heavy or symptom-provoking high-fiber defaults.
- If fiber adjustment is needed, I understand that gentler soluble options may fit better than bran.

5. Escalation Check

- If urgency is still severe, I am prepared to discuss loperamide, peppermint oil, or other IBS-D support with a clinician.
- If watery diarrhea keeps pushing through, I know broader review may be needed.
- I know that needing more than diet does not mean I failed.

Notes
