

# IBS Flare Cockpit Route Card

Use this as a same-day sorter. It is not a diagnosis or emergency-care substitute.

## 1. Stop Signs First

Get medical guidance promptly instead of self-managing if the flare includes:

- blood in stool, black/tarry stool, or rectal bleeding
- fever, chills, faintness, or severe weakness
- persistent vomiting or inability to keep fluids down
- dehydration signs such as dizziness, confusion, very dark urine, or very low urine
- severe, constant, worsening, or clearly different abdominal pain
- constipation with inability to pass gas or stool, vomiting, or swelling
- unexplained weight loss, nighttime diarrhea, or symptoms outside your baseline

## 2. First 10 Minutes

1. Pause new food, supplement, and fiber experiments.
2. Name the dominant pattern: diarrhea, constipation, bloating, reflux/nausea, pain amplification, or dehydration risk.
3. Choose one stabilizing move.

## 3. First 2 Hours

Pattern	One stabilizing move
Diarrhea or urgency	Fluids, familiar simple food, and caffeine/alcohol pause.
Constipation or pressure	Fluids, gentle walking, and no sudden fiber surge.
Bloating or fullness	Smaller familiar meal and fewer stacked variables.
Pain amplification	Heat, calm breathing, and reduced threat scanning.
Reflux or nausea	Upright posture and smaller low-noise intake.

## 4. Next 24 Hours

- Keep meals boring enough to read the pattern.
- Track stool form, fluids, pain location, fever, vomiting, blood, and gas/stool passage.
- If the pattern improves, route to the guide that matches the dominant symptom.
- If the pattern worsens or stop signs appear, move toward medical care.

## 5. Next Route

If this is the main issue	Use this route
Fluids, diarrhea, caffeine, or dehydration	Hydration and gut symptoms
Urgency after meals	Urgency after meals
Constipation pressure	Constipation and bloating

Pain, cramping, or peppermint question	Peppermint oil for IBS
Meal rhythm chaos	Meal timing and gut symptoms
Low FODMAP reset confusion	When low FODMAP does not work
Testing concern	IBS tests and clinician conversation map
Warning signs	IBS warning signs or obstruction warning pages