

Symptom Return Reset Map

Use this when IBS symptoms return after a better stretch. It is not a diagnosis or emergency-care substitute.

1. Stop Signs

Get medical guidance promptly if symptoms include:

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

2. Name the Return

Pattern	First route
One noisy day	IBS flare plan
Symptoms after a FODMAP challenge	Reintroduction reset
Personalization feels chaotic	Personalization mistakes
Same foods feel worse after poor sleep or stress	Sleep, meal timing, or gut-brain route
Symptoms are persistent, new, or different	Testing or treatment conversation

3. Five Variables To Review

1. Stool pattern: diarrhea, constipation, mixed, urgency, incomplete emptying.
2. Food stack: portions, caffeine, alcohol, fiber jump, restaurant food, products.
3. Rhythm: sleep, shift work, travel, meal timing.
4. Medicines and supplements: antibiotics, magnesium, fiber, probiotics, antacids, new prescriptions.
5. Boundary: testing, clinician review, or treatment discussion.

4. What Not To Do First

- Do not restart strict elimination from one noisy day.
- Do not add several supplements at once.
- Do not ignore symptoms that are different from your baseline.
- Do not treat a test or product ad as a diagnosis.

5. Better Next Question

What changed since the plan last worked, and which one route fits that change?