

IBS Maintenance Pathway Card

Use this as a route chooser when symptoms return after a plan had been helping. It is not a diagnosis or emergency-care substitute.

1. Stop Signs First

Get medical guidance promptly instead of self-managing if symptoms include:

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

2. Pick the Right Lane

If the main question is...	Use this route
Today is loud and I need the next few hours.	IBS Flare Cockpit Route Card
Low FODMAP helped, then symptoms returned.	Low-FODMAP Symptom Return Reset Checklist
I was better for weeks or months, and now the pattern is back.	Symptom Return Reset Map
I added too many products and cannot read the signal.	Supplement Stack Reset Card
This is persistent, different, severe, medication-related, or medically complex.	IBS Appointment Prep Sheet

3. What Not To Do Next

- Do not restart strict elimination from one noisy day.
- Do not add several supplements, fibers, medicines, or powders at once.
- Do not turn a flare day into a permanent food rule.
- Do not wait on red flags because the symptoms might be IBS.
- Do not treat relapse as proof that the earlier progress was fake.

4. One Small Next Move

Choose one lane and one action:

- Same-day flare: stabilize first, then route by dominant symptom.
- Low-FODMAP signal problem: check phase, dose, stacking, and routine disruption.
- Relapse after improvement: compare the current pattern with the last stable baseline.
- Supplement stack: inventory products, start dates, targets, and confounders.
- Doctor prep: write the timeline, stool pattern, medicine/supplement list, and top question.

5. Existing Pack Assets

- Low-FODMAP Symptom Return Reset Checklist

- IBS Flare Cockpit Route Card
- Symptom Return Reset Map
- IBS Appointment Prep Sheet
- Supplement Stack Reset Card

The goal is not to do everything today. The goal is to pick the right next route before changing the plan.