

One-Variable Fiber Trial Card

Use this card to make one fiber-product trial easier to interpret with a clinician or pharmacist. It does not diagnose IBS-C, select a treatment, or replace the current product label.

Stop Before a Trial

Do not keep adding fiber if constipation comes with bleeding, constant or severe abdominal pain, inability to pass gas, vomiting, fever, unintentional weight loss, marked swelling, or a pattern clearly different from your usual baseline. Seek prompt medical assessment.

Ask a clinician or pharmacist before starting if swallowing is difficult, you cannot follow the product's fluid directions, your fluid intake is medically restricted, you are pregnant or nursing, or medicines and supplements may affect the decision.

1. Record the Exact Product

Field	Your notes
Brand and full product name	
Powder, capsule, gummy, stick, or other form	
Country/store and purchase date	
Active fiber listed on label	
Dietary/soluble fiber per labeled serving	
Other ingredients, flavors, or sweeteners	
Label mixing/fluid directions	
Label medicine-timing statement	
Clinician/pharmacist instructions	

2. Define One Job

The one symptom or function I want to evaluate:

What a meaningful improvement would look like:

Review date agreed from the label or professional guidance: _____

3. Capture the Baseline

Complete this before changing the product variable.

Baseline item	Pattern before trial
Bowel movements per week	

Usual Bristol stool type (1-7)	
Straining: none / mild / moderate / severe	
Incomplete evacuation: never / sometimes / often	
Bloating or pressure: 0-10	
Abdominal pain: 0-10	
Usual fluid pattern	
Current laxatives, medicines, and supplements	
Recent diet, routine, travel, illness, or stress changes	

4. Keep the Trial Readable

- Follow the exact current label and clinician/pharmacist guidance.
- Change one product/ingredient variable at a time.
- Do not compare teaspoons across unlike formulations.
- Keep other planned routines as stable as reasonably possible.
- Record missed days and other changes instead of hiding them.
- Do not use improvement or worsening as proof of a diagnosis.

5. Daily Notes

Duplicate rows/pages for the review period you agreed on. This card does not set a universal trial duration.

Date	Product amount exactly as taken	Fluid with product	Bowel movement and Bristol type	Straining / incomplete evacuation	Bloating / pain 0-10	Other changes or notes

6. Decide the Stop and Review Rules First

Product-label stop instructions:

Other symptoms or changes that mean I will pause and ask for help:

Who I will contact with a medicine, swallowing, fluid, or symptom question:

7. Review the Pattern

Review question	Notes
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Did the target symptom change meaningfully?	
Did stool frequency, form, or straining change?	
Did bloating, pressure, or pain change?	
Was the product practical to mix/take as directed?	
Were there missed days or other changes that confound the result?	
Continue, pause, change route, or ask for review?	

Questions to bring to a clinician or pharmacist:

Reminder

A readable trial can clarify what happened with one exact product. It cannot prove why constipation is happening or confirm IBS-C, a food intolerance, dysbiosis, SIBO, or another diagnosis.