

Neurodivergent IBS Routine and Bathroom Planning Card

Use this as a one-page planning card before adding more food rules.

1. Name the loudest lane

- Symptoms: pain, bloating, diarrhea, constipation, nausea, urgency
- Sensory food fit: texture, smell, temperature, noise, visual load, predictability
- Routine disruption: late meals, missed meals, transitions, travel, school, work
- Body cues: hunger, fullness, pain, urge to go, fatigue, stress load
- Bathroom access: first bathroom, backup bathroom, privacy, travel buffer

2. Build a food floor

- One familiar starch:
- One tolerated protein:
- One easy fluid:
- One backup snack:
- One low-effort meal:

Do not turn this into a permanent tiny diet. Use a clinician or GI dietitian if the safe list keeps shrinking.

3. Make transitions visible

- Visual reminder:
- Timer or calendar cue:
- Packed meal or snack:
- Same-day script:
- Support person or handoff note:

4. Bathroom plan

- First reliable bathroom:
- Backup bathroom:
- Route or transport buffer:
- Kit item:
- Who can help if the plan breaks:

5. Stop signs

Get medical guidance for blood or black stool, fever, dehydration, repeated vomiting, severe or worsening pain, unexplained weight loss, symptoms outside baseline, or constipation with vomiting, swelling, or inability to pass gas or stool.