

Ramadan IBS Meal-Timing Route Card

Use this card if you plan to fast and want a simple gut-symptom planning map.

Before Ramadan

- Ask your clinician or pharmacist about medicine timing if you take regular medicines.
- Ask for diabetes, pregnancy, kidney disease, eating-disorder, dehydration, or red-flag guidance if relevant.

Suhoor Planning

- Include fluid opportunity.
- Choose steady foods you usually tolerate.
- Avoid making suhoor a brand-new high-fiber experiment.
- Note caffeine timing if withdrawal triggers headaches or bowel change.

Iftar Planning

- Break the fast gently if large meals worsen reflux, urgency, or bloating.
- Separate thirst, hunger, reflux, and urgent diarrhea as different signals.
- Track the meal size and timing before blaming one ingredient.

Symptom Route

Pattern	First question
Constipation and bloating	Was fluid, movement, or routine disrupted?
Diarrhea or urgency	Is there dehydration, fever, blood, or severe pain?
Reflux or fullness	Did a large late meal or caffeine pattern change?
Medication question	Did you ask the prescriber or pharmacist?