

Low-FODMAP Symptom Return Reset Checklist

Use this checklist before restarting strict elimination.

1. Name The Phase

- Elimination
- Reintroduction
- Personalization
- Long-term maintenance
- Not sure

2. Check The Pattern

- One noisy day
- Same food, larger portion
- Multiple FODMAP groups in one meal/day
- Reintroduction challenge too close to another trigger
- Travel, sleep, stress, illness, period, medication, or supplement change
- Symptoms are different from my usual baseline

3. Pause Before Restarting Elimination

Write the smallest next test:

Write what would make this a clinician or dietitian question:

4. Stop Signs

Get medical help for blood or black stool, fever, dehydration, persistent vomiting, severe or changed pain, unexplained weight loss, nighttime diarrhea, or inability to pass gas or stool.