

Visceral Pain Pattern Tracker

Use this tracker for 7-14 days when IBS pain feels louder than the visible gut event. It is not a diagnosis tool. It helps you bring a clearer pattern to a clinician.

Date	Pain location	Pain level 0-10	Bowel pattern	Meal or gas timing	Stress or sleep context	Red flags?

Pattern Clues

- The same meal hurts more during stress, poor sleep, travel, or anticipation.
- Pain stays high even when stool pattern improves.
- Pain rises with gas movement, bowel contractions, or ordinary post-meal activity.
- Pain is new, severe, progressive, or clearly different from your usual pattern.

Bring To A Clinician

- Any red flags
- Current IBS treatments
- Medication and supplement list
- What improves pain, worsens pain, or does nothing