GUTSPY IBS

Personal IBS Report

23 Feb 2026 – 24 Mar 2026

Generated 24 Mar 2026

24	0.8/day	18	Type 3
BMS LOGGED	FREQUENCY	SYMPTOMS	MOST FREQUENT BM

Meals tracked: 37

This report summarises self-reported data for informational purposes only. It is not a medical diagnosis. Please discuss findings with a qualified healthcare provider.

STOOL TYPE DISTRIBUTION (BRISTOL SCALE)

1	Type 1 — Separate hard lumps	0
2	Type 2 — Lumpy, sausage-like	0
3	**Type 3 — Sausage with cracks**	**8**
4	Type 4 — Smooth, soft sausage (ideal)	8
5	Type 5 — Soft blobs with clear edges	8
6	Type 6 — Fluffy, mushy	0
7	Type 7 — Watery, no solids	0

● **Most frequent: Type 3 — Sausage with cracks**

URGENCY & PAIN

AVERAGE URGENCY

2.5 / 4 · Moderate

AVERAGE PAIN

1.7 / 4 · Mild

SYMPTOM FREQUENCY

Abdominal pain	4×
Urgency	3×
Cramps	3×
Nausea	2×
Gas	2×
Straining	2×
Bloating	1×
Not fully relieved	1×

TOP SUSPECTED TRIGGERS

Percentage of meals with this tag that were followed by a BM within the time window. Based on your logs only.

1	**High FODMAP** 24/25 meals · 12–36h window · Strong signal	96% BM RATE
2	**Dairy** 12/12 meals · 12–36h window · Strong signal	100% BM RATE

TIMELINE HIGHLIGHTS

5 Mar at 12:20	Bowel Movement (BM): Urgency: Moderate
4 Mar at 18:30	Bowel Movement (BM): Pain: Moderate
4 Mar at 14:21	Symptom: Abdominal pain (severity 3/4)
4 Mar at 12:20	Bowel Movement (BM): Urgency: High
4 Mar at 08:10	Bowel Movement (BM): Urgency: Moderate
3 Mar at 09:14	Symptom: Abdominal pain (severity 3/4)
3 Mar at 08:10	Bowel Movement (BM): Urgency: High
1 Mar at 18:30	Bowel Movement (BM): Urgency: High, Pain: Moderate
1 Mar at 12:20	Bowel Movement (BM): Urgency: Moderate
28 Feb at 14:21	Symptom: Straining (severity 3/4)