Food and symptoms diary

Keeping a diary of food and symptoms can help you find out which foods you react to. Include the amount of food you eat as well as how long any reactions last. You may get symptoms up to a day after you eat the food. You can download more copies of this diary from bowelcanceruk.org.uk

Date	Time	Food/drink/ medicines taken	How much	What was the symptom/ reaction?	How long did it last?