

LAVATORY HABITS

Constipation, diarrhoea and other intestinal symptoms are very common and they can affect your quality of life negatively. By answering a few simple questions concerning your lavatory habits, you can help us to understand the underlying (genetical) factors.

How often do you get constipated?

- Seldom
- Sometimes
- Often
- Very often

How often do you get diarrhoea?

- Seldom
- Sometimes
- Often
- Very often

Do you ever get alternating constipation and diarrhoea?

- No
- Sometimes
- Often
- Very often

Do you ever get bloated/get a gassy stomach?

- No
- Sometimes
- Often
- Very often

Do you experience recurrent episodes of abdominal pain?








- No If "No", skip the next question.
- Sometimes
- Often
- Very often

Does the pain decrease after emptying of bowels or passing gas?

- No
- Yes

How many times per week do you empty your bowels, on average?

- 1
- 2
- 3
- 4
- 5
- more than 5
- more than 10

Type 1		Separate hard lumps, like nuts (difficult to pass)
Type 2		Sausage shaped, but lumpy
Type 3		Like a sausage, but with cracks on the surface
Type 4		Like a smooth sausage, supple and soft
Type 5		Soft lumps with clear edges
Type 6		Fluffy pieces with uneven edges, mushy faeces
Type 7		Watery, no solid pieces, entirely liquid

Based on the images above, rank the consistency of your stool, from the most common to the least common variety. Leave alternatives irrelevant to you blank.

1. Type ____
2. Type ____
3. Type ____
4. Type ____
5. Type ____
6. Type ____
7. Type ____

Have you ever been diagnosed with an inflammatory bowel disease? (Chron's disease or ulcerative colitis)

- No
- Yes

Have you ever been diagnosed with any other bowel disease (like celiac or cancer)?

- No
- Yes

Have you ever been informed by a physician that you have issues with your large intestine? (colon irritable/irritable bowel syndrome (IBS))

- No
- Yes