Gut Symptom Diary and Red Flags Checklist

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1. Emergency: call emergency services or go to the ER

[ ] Vomiting blood, or vomit that looks like coffee grounds

[ ] Heavy or non-stop bleeding from the bottom, or large blood clots in stool

[ ] Sudden, severe tummy pain, or green vomit

[ ] Confusion, severe breathing difficulty, or pale, blue or blotchy skin

[ ] Possibly swallowed something poisonous Do not drive yourself.

2. See a doctor promptly

[ ] Blood in stool, black or dark red stools, or bloody diarrhea

[ ] Weight loss without trying, or feeling tired all the time

[ ] A change in your usual bowel habits, or always feeling you need to go

[ ] Difficulty swallowing, repeated vomiting, or a lump in the abdomen

[ ] Indigestion that keeps coming back or is severe

[ ] Diarrhea over 7 days, or vomiting over 2 days

[ ] A bulge or tissue coming out of the bottom

3. Dehydration: call a doctor or health line if you see

Babies and children: fewer wet diapers, stops feeding, drowsy, no tears, sunken eyes, dry mouth

Adults: very little dark urine, dizziness when standing, cannot keep fluids down

Keep breastfeeding or bottle feeding. Small, frequent sips. Avoid fruit juice and fizzy drinks.

4. Simple rules

No anti-diarrhea medicine for children under 12. No aspirin for children (NHS: under 16).

Stay off work, school and pools until 48 hours after the last diarrhea or vomiting.

Laxatives: short-term only unless your doctor advises otherwise.

Older adults or weakened immunity: ask a pharmacist about oral rehydration salts.

No reliable evidence shows homeopathic remedies treat indigestion, diarrhea, constipation or IBS (NHMRC 2015; Cochrane 2019; NCCIH). This checklist contains no remedies or doses.

14-Day Food and Symptom Diary

Bring this to your appointment. Note what you ate, when symptoms came, and anything unusual.

Day	Date	Meals and drinks	Symptoms and time	Stools (number, type)	Blood? Y/N
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					