



The home of IBD information & support

Your IBD Wellbeing Results

Thank you for completing the IBD Wellbeing Tool. Below is a summary of your results.

You can print this out or save it to your computer or mobile device. You can also take the PDF with you during your next appointment with your doctor or nurse so they can provide you the support you might need to make some of the changes suggested.

How well do you feel your condition is managed at the moment?

Godt – jeg er i stand til at leve normalt

In the last few days how have you taken your medication?

Kun når jeg huskede det

Why is it difficult to take your medication regularly?

Jeg glemmer det

How much exercise do you do each week?

Et par gange om ugen

How would you classify your sense of emotional well being?

Jeg er for det meste stresset/ængstelig

Do you feel able to speak freely to others about your condition?

Ja, jeg kan tale om det med de fleste, jeg møder

Describe your eating habits

Jeg spise tre måltider om dagen

Do you take a multivitamin supplement?

Yes

Do you smoke?

Nej

How much alcohol do you drink each week?

Ikke mere end et par glas vin

What types of food do you eat regularly?

- Fisk og fjerkræ

Your Results

Managing your IBD can be a real challenge, supporting yourself by making good choices about your lifestyle is so important. Below are some recommendations to help you manage your IBD, tailored to suit you based on the answers you have given.

Medication

It can be difficult to remember to take your medication. Try to set an alarm on your mobile telephone or wristwatch, and time your medications around regular events in your life, such as eating or sleep patterns. If you are really struggling speak to your doctor to see if there are medications or formulations which can be taken less frequently.

Exercise

Meat products contain essential amino acids and are a good protein source. Protein is especially important during a flare-up and just afterwards. Always remove the visible fat and choose lean and low fat cuts.

Stress & Emotions

Although emotional upset does not cause IBD itself, in some people stressful situations, or strong emotions, may lead to flare-ups of symptoms. If you find you are anxious or stressed a lot try:

If none of these help - speak to your doctor or specialist.

Communication

Well done - talking about your IBD will help people to understand more about your condition and how it affects you. It will also help to break taboos around IBD. If you haven't already, you may also find it helpful to join patient groups, where you can talk about what you are going through with others in a similar situation. [Visit our useful links page for more information.](#)

Eating

Meat products contain essential amino acids and are a good protein source. Protein is especially important during a flare-up and just afterwards. Always remove the visible fat and choose lean and low fat cuts.

Vitamins

In general, it is probably worthwhile for most people with IBD to take a multivitamin preparation regularly. Speak to your doctor about the best vitamin or mineral supplements to take for your situation.

Smoking

Congratulations - non smokers have a lower chance of IBD recurrences than smokers! Keep up the good work.

Alcohol

Drinking moderately is generally ok for people with IBD - however if you feel your symptoms worsening you should try to cut out alcohol for a while to see if it makes a difference.

The Guts4Life IBD Wellbeing Tool is NOT A SUBSTITUTE FOR MEDICAL ADVICE. The IBD Wellbeing Tool is intended for information purposes only and is not intended as a substitute for medical professional help, advice, diagnosis or treatment. Users of this tool assume the risk that the information and documentation contained in the tool may not meet their needs and requirements. If you think you may have a medical emergency, call your doctor or emergency medical services immediately.



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