



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?

Regelmæssigt som anvist af min læge

Why is it difficult to take your medication regularly?

Jeg synes ikke, den hjælper

How much exercise do you do each week?

Mindst 20 minutter tre gange om ugen

How would you classify your sense of emotional well being?

Jeg har det for det meste godt

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 spiser små portioner i løbet af dagen

Do you take a multivitamin supplement?

Yes

Do you smoke?

Ja

How much alcohol do you drink each week?

Jeg drikker slet ikke alkohol eller jeg drikker meget sjældent (mindre end en gang om måneden)



What types of food do you eat regularly?

- Fisk og fjerkræ
- 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

Although you may not see any immediate changes to your symptoms when you stop your medication, stopping your medication can increase the chance of a flare-up.

Patients who take their medication as prescribed have a really strong chance of maintaining remission, compared to those who don't take their medicine regularly. If you really feel your medication is not helping you, discuss this with your doctor or specialist who can adjust your treatment accordingly.

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

Keeping emotionally well can really help with your IBD - keep up the good work!

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

Research has shown that smoking has a negative effect in patients with Crohn's disease. There is conflicting evidence around the effect of smoking on ulcerative colitis, but in general smoking is bad for your health.

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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