30-day bowel summary

15 Apr – 14 May 2026 · prepared for discussion with a clinician

SPECIMEN · ILLUSTRATIVE SYNTHETIC DATA

n = 29 entries
generated on-device
14 May 2026, 21:40

2 May · visible blood reported once — book a visit. This is the reason this summary was prepared.

rule: any visible blood
no explaining medication on list

1 · SUMMARY MEASURES

6.8/wk	6.3/wk	3.8/wk	3–5 [2]	93%	2 d
FREQUENCY	SBM [1]	CSBM [1]	TYPICAL BRISTOL	SPONTANEOUS	LONGEST GAP

2.3 / 5	73%	4 / 9	9 d	4×	3×	29
PAIN, MEAN/MAX [3]	PAIN EASED BY BM [3]	TOILET MIN, MEAN/MAX [3]	BLOATING	STRAINING	INCOMPLETE EVAC. [1]	ENTRIES

2 · FIGURES

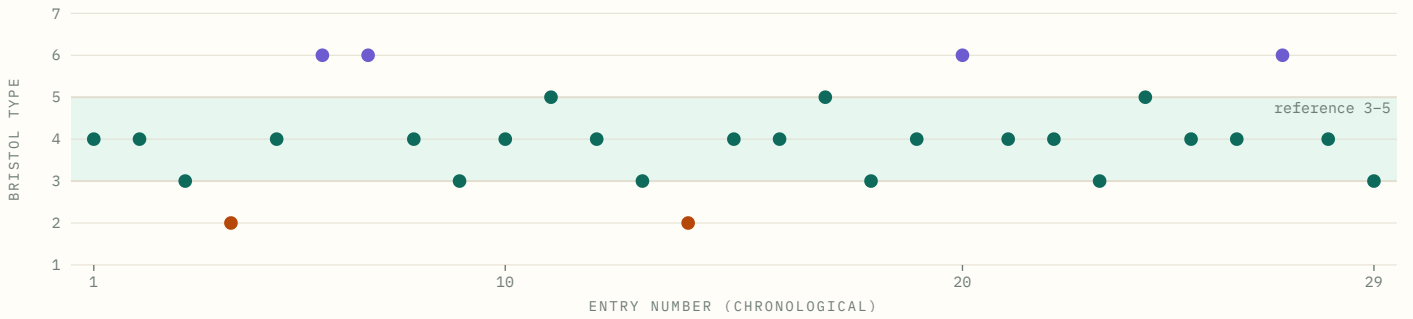

Fig. 1 · Bristol stool type per entry, chronological (dots, left axis); category distribution below (share of n = 29). Shaded band: reference range 3–5.

3 · DAILY LOG · final 7 days (excerpt)

DAY	TIME	BR	URG	LK	BLD	PAIN	TOIL	S/A
Sun 14	08:12	4	no	no	no	1	3m	S
Sat 13	no BM documented							
Fri 12	14:20	6	no	no	no	3	5m	S
Fri 12	07:55	6	yes	liq	no	4	6m	S
Thu 11	08:02	4	no	no	no	2	4m	S
Wed 10	07:48	2	yes	no	no	5	9m	A
Tue 9	08:15	3	no	no	no	2	4m	S

Br Bristol type · Urg urgency · Lk leakage · Bld visible blood · Pain 0–10 · Toil time on toilet · S spontaneous / A laxative-aided

4 · EVENTS & FLAGS

Wed 10 · Bristol 2, pain 5, 9 min · hardest entry of period
laxative-aided · straining logged · isolated, no recurrence after

18 Apr · black stool · resolved
attributed to iron supplementation, started 19 Apr

5 · MEDICATIONS, SELF-REPORTED

Linaclotide 290 µg OD	increased from 145 µg on 3 May
Iron 65 mg OD	started 19 Apr
Psyllium 5 g nocte	ongoing

6 · Methods. [1] SBM: BM without laxative use in preceding 24 h; CSBM: SBM with complete evacuation (incomplete evacuations reported separately). [2] Typical Bristol: central 50% of entries (interquartile range) — identical definition in every Cadence report. [3] Reported as mean / max; "pain eased by BM": entries with pain ≥ 3 rated lower within 1 h after defecation (8 of 11). Food–symptom pairs screened at 0–72 h lag: no pair exceeded the reporting threshold ($|r| \geq 0.4$, $n \geq 8$) this period. This summary organizes self-reported data; it is not a diagnosis.