12-month bowel summary

Jun 2025 – May 2026 · prepared for discussion with a clinician

SPECIMEN · ILLUSTRATIVE SYNTHETIC DATA

n = 289 entries · 12 months
generated on-device
14 May 2026, 21:40

2 May 2026 · visible blood reported once — book a visit. This is the reason this summary was prepared.

rule: any visible blood
no explaining medication on list

FLAGGED ENTRY 2 May 2026 · 09:14 · Bristol 5 · urgency no · leakage no · **blood yes** · pain 3/10 · 4 min · spontaneous

1 · SUMMARY MEASURES · whole period

5.6/wk	4.9/wk	2.7/wk	3–5 [2]
FREQUENCY	SBM [1]	CSBM [1]	TYPICAL BRISTOL

86%	5 d	3.3 / 7	71%	19%	11%	9%	4
SPONTANEOUS	LONGEST GAP	PAIN, MEAN/MAX [3]	PAIN EASED BY BM [3]	BLOATING, DAYS [3]	STRAINING, ENTRIES [3]	INCOMPL. EVAC. [4]	FLAGS RAISED

2 · FIGURES · condensed by month

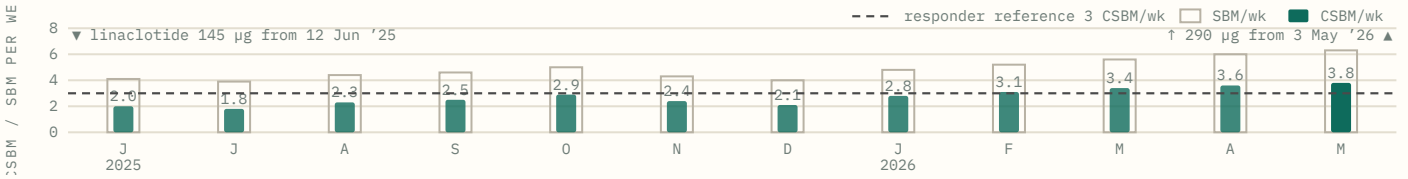

Fig. 1 · Complete spontaneous BMs/week by month (bars) vs the 3 CSBM/wk responder reference (dashed); outlines: SBM/week. CSBM first reaches the reference in Feb '26. Triangles: linaclotide start, dose increase.

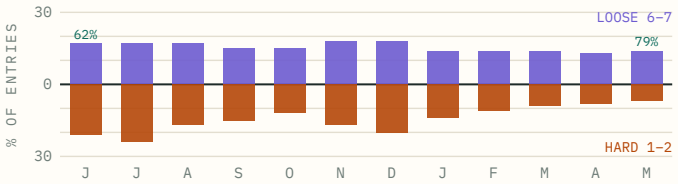

Fig. 2 · Bristol mix per month, diverging from centre — hard (1–2) down, loose (6–7) up; ideal (3–5) is the remainder (62% → 79%). Hard share falls 21% → 7%, loose flat: a constipation shift, not a diarrhoea one.

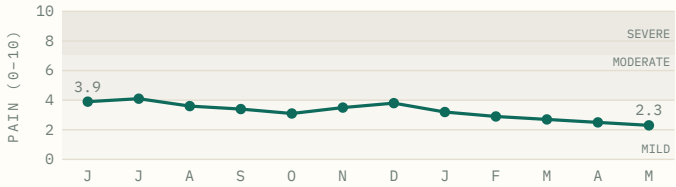

Fig. 3 · Abdominal pain, monthly mean (0–10), against mild / moderate / severe bands. Peaks at 4.1 (Jul '25), just inside moderate; otherwise mild, ending 2.3 (−1.6).

3 · MONTHLY MEASURES

MONTH	ENTRIES	FREQ/WK	SBM/WK [1]	CSBM/WK [1]	TYPICAL BRISTOL [2]	PAIN, MEAN (0–10)	LONGEST GAP (D)	NOTES
Jun '25	21	4.9	4.1	2.0	2–4	3.9	3	
Jul '25	20	4.6	3.9	1.8	2–4	4.1	5	longest gap of period
Aug '25	23	5.2	4.4	2.3	3–4	3.6	3	blood ×1, resolved
Sep '25	23	5.4	4.6	2.5	3–4	3.4	3	
Oct '25	26	5.8	5.0	2.9	3–5	3.1	3	
Nov '25	22	5.1	4.3	2.4	2–4	3.5	4	
Dec '25	21	4.8	4.0	2.1	2–4	3.8	4	
Jan '26	24	5.5	4.8	2.8	3–4	3.2	3	
Feb '26	24	5.9	5.2	3.1	3–5	2.9	3	
Mar '26	28	6.3	5.6	3.4	3–5	2.7	2	
Apr '26	28	6.6	6.0	3.6	3–5	2.5	2	black stool, resolved (iron)
May '26 [5]	**29**	**6.8**	**6.3**	**3.8**	**3–5**	**2.3**	**2**	**linaclotide ↑ 290 µg · blood ×1**
Period	**289**	**5.6**	**4.9**	**2.7**	**3–5**	**3.3**	**5**	

4 · EVENTS & FLAGS

2 May 2026 · visible blood ×1 · open — book a visit
also shown above · rule: any visible blood · no explaining medication

10 May 2026 · Bristol 2, pain 5, 9 min · hardest entry of period
laxative-aided · straining logged · isolated, no recurrence after

21 Apr 2026 · black stool · resolved
attributed to iron supplementation, started 19 Apr 2026

22 Aug 2025 · visible blood ×1 · resolved
fissure after Bristol 1–2 cluster · no recurrence since

Alarm screen · no weight loss, no nocturnal BMs, no fever logged this period
family history not captured by the app

5 · MEDICATION CHANGES, SELF-REPORTED

Linaclotide 145 µg OD	started 12 Jun 2025
Linaclotide 290 µg OD	increased from 145 µg on 3 May 2026
Iron 65 mg OD	started 19 Apr 2026 · for iron-deficiency anaemia
Psyllium 5 g nocte	ongoing since before period

6 · Methods. [1] SBM: BM without laxative use in preceding 24 h; CSBM: SBM with complete evacuation (per-entry field). [2] Typical Bristol: central 50% of entries (IQR) — per month in table, whole period in summary; identical in every Cadence report. [3] Mean / max; straining: share of entries; bloating: share of days; "pain eased by BM": pain ≥ 3 rated lower within 1 h after. [4] Incomplete-evac. tile: bothersome checkbox — narrower than the completeness field in [1] (gap SBM − CSBM ≈ 115). [5] May '26: trailing 30-day window to 14 May (matches the 30-day report); otherwise Freq/wk = entries ÷ days × 7. Period: mean of monthly means (5.6/wk); pooled 289 ÷ 365 × 7 = 5.5/wk. Self-reported data; not a diagnosis.