

Triggering, Entering and Copin...

Result Details

Question 05	How do you know you have entered a UC Flare? What starts to happen to your mind and/or body? (Mandatory)	Answers 776 100%	Skips 0 0%
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187,756,435	Diarrhea, severe pain, lethargy, loss of appetite	Sunday, Nov 19th 10:19PM
187,756,348	a bad flare or a mild flare with bad bowel symptoms sometimes comes with some surprising anger directed at other people that is not normal for me sometimes aches or inflammation on various places-eye, joints, root canal site...	Sunday, Nov 19th 9:57PM
187,755,626	1. Multiple trips running to the washroom as unable to control my bowel movements. 2. Blood and/or mucous in stools	Sunday, Nov 19th 8:46PM
187,755,266	abdominal cramps.	Sunday, Nov 19th 9:36PM
187,754,495	Bleeding	Sunday, Nov 19th 9:07PM
187,754,267	- loud stomach noises - bloody stools with mucus	Sunday, Nov 19th 8:59PM
187,752,129	Bleeding, mucous, gut pain, urgency	Sunday, Nov 19th 7:42PM
187,751,578	Blood in stool - blood and frequency and urgency	Sunday, Nov 19th 7:23PM
187,751,218	Smell,, mucus, increased trips to loo, can't wait.	Sunday, Nov 19th 7:05PM
187,748,556	abdominal/bowel discomfort bloody stools	Sunday, Nov 19th 5:53PM
187,746,970	Fear. Feeling like have to go all the time. Cramps after eating anything.	Sunday, Nov 19th 5:04PM
187,742,658	I get pains in my stomach area . like being stabbed , blood in the stool. after a day of that the blood starts and the diarrhea. now the very thought of food is making me sick . I dont feel at all hungry. after a week , I feel weak and begin to worry of the future and hope that this will end. I dont socialize with anyone. I begin to feel that no one understands. I feel alone . constantly saying no to everyone that wants my company. And then after about 8 - 16 weeks I get better. bury my feelings and start all over again until the next episode. (jk)	Sunday, Nov 19th 2:37PM
187,739,498	The first symptom is mucous in stool which is followed by diarrhea and blood. Also beaten up feeling and low energy	Sunday, Nov 19th 1:46PM
187,738,095	Feel weird inside and have to make frequent trips to the bathroom	Sunday, Nov 19th 1:13PM
187,735,322	Diahree.stamick pain.dizzyniss.no power.	Sunday, Nov 19th 12:06PM
187,734,209	Urgent bloody D, 20-30 times a day	Sunday, Nov 19th 11:40AM

187,733,614	My legs hurt really bad and I become very depressed	Sunday, Nov 19th 11:24AM
187,731,775	I have pain in my left side and go to bathroom alot and have alot of blood.	Sunday, Nov 19th 10:30AM
187,731,556	Have running stools , more bowles movements and loss of weight	Sunday, Nov 19th 10:28AM
187,730,353	I feel icky. My anxiety level rises. Stomach cramps, loose stools, excess mucus and a high level of urgency when I need to go.	Sunday, Nov 19th 9:50AM
187,730,151	Stomach ache, bloody diarrea a few times a day. I'm worried, bud I'm not depressed.	Sunday, Nov 19th 9:42AM
187,730,144	Blood, frequency and urgency	Sunday, Nov 19th 9:56AM
187,726,930	Butt hurts, blood,	Sunday, Nov 19th 8:23AM
187,726,523	Tired and achy and bloated followed by loose, mucous stools.	Sunday, Nov 19th 8:09AM
187,726,487	Need to go to the loo more, blood in stools,	Sunday, Nov 19th 8:07AM
187,725,414	Weak and fearful	Sunday, Nov 19th 7:41AM
187,721,975	very soft/liquid stools and more than 2 bowel movements a day.	Sunday, Nov 19th 5:55AM
187,721,185	Bleeding, urgency to use bowels, inflammation oozing from rectum, fatigue.	Sunday, Nov 19th 5:32AM
187,712,535	Increase bowel movements and bleeding	Sunday, Nov 19th 12:26AM
187,710,094	Shakes,diarrhea, dizzy,stomach pains, throwing up.	Saturday, Nov 18th 10:33PM
187,708,963	Body is so tired. Frequent bathroom trips. Inflammation.	Saturday, Nov 18th 9:49PM
187,707,038	Stress, loose stool, overactive colon, rectal bleeding	Saturday, Nov 18th 9:04PM
187,705,164	Weakness, diarrhea,	Saturday, Nov 18th 7:50PM
187,704,569	Cramping and pain around my UC ulcer site, gas, bloating, frequent trips to the bathroom and blood in stool.	Saturday, Nov 18th 7:31PM
187,704,159	Chronic diaoreha, blood, pain , urgency.	Saturday, Nov 18th 7:14PM
187,703,115	Extremely tired	Saturday, Nov 18th 6:30PM
187,701,355	I don't know, because I had my one and only flare immediately following a colonoscopy, bled for three years after that. But once I had my hip surgery and I just happen to be on yet another round of prednisone which ended two days before surgery then on prednisone just two days later following surgery and after my surgery I have not had anymore bleeding!!! Only diarrhea if I eat out or eat something I shouldn't.	Saturday, Nov 18th 5:38PM
187,687,411	My stomach starts to hurt and I have to go to the bathroom more frequently with looser stools.	Saturday, Nov 18th 1:10PM
187,687,319	Lots of bloating and gas, small amounts of blood in stool. Then I get very anxious	Saturday, Nov 18th 12:47PM

187,686,092	Panic, I feel like I have the due coming on, cold child and sweat. Often abdominal spasms and nausea.	Saturday, Nov 18th 12:17PM
187,684,259	I saw a little blood in my bowel movements.	Saturday, Nov 18th 12:05PM
187,684,004	Joint pain (hands and feet) Diarrea Strong Colon movements	Saturday, Nov 18th 12:12PM
187,682,903	Increased visits to the bathroom 6 or more, door frame pain in my stomach - meaning where the colon sits in the midsection is like a door frame. Severe pain that is like a period cramp but in the wrong spot.	Saturday, Nov 18th 11:52AM
187,682,468	It starts with watery motions belching painful stools	Saturday, Nov 18th 11:51AM
187,675,629	Joint pain worsens, distinctive order from bowel movements, feel of urgency later in the day, and of course the bloody mucasy diahrea.	Saturday, Nov 18th 11:01AM
187,674,425	Fatigue, blood and mucus in stool, oral ulcers, urgency and frequency in bathroom	Saturday, Nov 18th 11:16AM
187,673,554	I get constipated, then have extreme gas instead of bowel movement with several urgent trips to toilet.	Saturday, Nov 18th 10:59AM
187,656,887	I get incredibly bloated. My stomach sticks way out and my lower back is puffy and swollen. My stomach makes a lot of funny noises and my bowel movements are more sporadic and unpredictable. I'm achy and sore. My joints ache.	Saturday, Nov 18th 10:13AM
187,656,733	A flare to me is more than seeing blood. It is when I am taken out of my routine activities because of my symptoms - needing to be in the bathroom and becoming weak from it all - Feeling drained. I get stressed out and wore out. Stool is loose and then looser with visual blood. Then my life goes to sh...	Saturday, Nov 18th 9:09AM
187,655,614	Bloody stools, continuous diarrhea, fatigue, anemia, stomach cramps, loss of appetite.	Saturday, Nov 18th 10:04AM
187,646,617	Stomach pain and sign of uvatities	Saturday, Nov 18th 9:39AM
187,642,014	Uncontrollable bowel movements	Saturday, Nov 18th 9:22AM
187,631,070	1st is increased bathroom trips with runnier stool, gas, bloating, cramping, nausea, loss of appetite, low grade fevers, joint and body aches.	Saturday, Nov 18th 8:36AM
187,624,938	LOOSE STOOL	Saturday, Nov 18th 8:13AM
187,598,060	bowel pain constant urge to defecate	Saturday, Nov 18th 5:58AM
187,589,454	Blood and mucus in stool Extreme fatigue Abdominal pains Sometimes get mouth ulcers During most recent flair pain radiated around my lower back Occasionally suffer from joint pain	Saturday, Nov 18th 4:49AM
187,583,355	Lots of mucous, pain in the rectum, gas and bloating, and bowel movements speed up (i.e. I have more of them more frequently.) I also used to get a rash on my stomach and too of my thighs.	Saturday, Nov 18th 3:10AM

187,583,035	Fatigue, increased bathroom visits, aches in my joints and extreme irritability.	Saturday, Nov 18th 3:09AM
187,582,729	Fever Aches in body and joints Extreme bloataion Cramps	Saturday, Nov 18th 2:44AM
187,581,632	Abdominal pain, rushing to the loo, bleeding, fatigue cannot concentrate.	Saturday, Nov 18th 2:27AM
187,580,607	Depress, more blood on the toilet.	Saturday, Nov 18th 1:53AM
187,579,957	Increased frequency of BMs, looser, bloody, cramping, more pain, urgency, everything eat aggregates, tenesmus-- mind: overwhelmed, feel like things are slipping out of control, not sure what is specific trigger, try to analyze, exhausting. Can't pinpoint source or how to fix, frustrated	Saturday, Nov 18th 1:26AM
187,579,552	irregular stool	Saturday, Nov 18th 1:18AM
187,578,278	I get stressed out, I start worrying about something, and the day after I get bloody stools and cramps. Then if I go out I have to make sure I have access to a washroom.	Saturday, Nov 18th 12:40AM
187,576,981	- Cramping and stomach discomfort - Very frequent trips to the bathroom - Blood and mucus in stool - Weight loss - Results in increased stress/ anxiety related to symptoms	Saturday, Nov 18th 12:03AM
187,573,319	blood in stools, pain	Friday, Nov 17th 10:55PM
187,570,424	I have stomach discomfort, then eventually see blood in my stool.	Friday, Nov 17th 10:14PM
187,569,305	A creaking feeling in my belly, rushing to the bathroom just to release the build up of blood and mucus	Friday, Nov 17th 9:59PM
187,565,870	Many trips to bathroom. Physically more tired. Mind gets all worried.	Friday, Nov 17th 9:24PM
187,559,930	Urgency	Friday, Nov 17th 8:33PM
187,559,414	Recital bleeding and/or pain.	Friday, Nov 17th 8:31PM
187,558,400	Feverish and appetite can be up and down.	Friday, Nov 17th 8:21PM
187,544,151	Urgent trips to the bathroom. Sometimes blood in stool.	Friday, Nov 17th 6:51PM
187,537,547	Bkeeding primarily	Friday, Nov 17th 6:12PM
187,536,095	I have to pee light a crazy person. MY left lower back flares with pain. I begin cramping, and the bleeding begins within 24 hours. I am usually really achy and tired. The trips to the bathroom begin.	Friday, Nov 17th 5:59PM
187,535,751	Fatigue, bowel movements with blood	Friday, Nov 17th 6:00PM
187,533,636	Bleeding, lots, urgency. Denial, it'll go away attitude, generally until it's real bad. Not the best attitude but I don't want it to get in the way.	Friday, Nov 17th 5:47PM
187,533,407	Urgent, frequent bowl movements	Friday, Nov 17th 5:47PM

187,525,361	lots of gas and pus	Friday, Nov 17th 5:02PM
187,522,702	Looser bowel movements, cramping, more urgency. Mucous and blood if the flare up is bad.	Friday, Nov 17th 4:40PM
187,519,379	I know I've entered a flare when going to the bathroom and dealing with everything that entails becomes a full time job. My entire body hurts. I'm afraid to eat. I live off of bland food and peppermint tea. I'm exhausted, depressed and have a lot of anxiety.	Friday, Nov 17th 4:25PM
187,516,764	Bloated, cramps, loose stools.	Friday, Nov 17th 4:14PM
187,513,427	Fatigue, anxiety, more frequent bowel movements, looser stools, mucus in stool	Friday, Nov 17th 3:55PM
187,511,405	Cold symptoms such as a running or stuffed nose, then gas pains and constipation.	Friday, Nov 17th 3:40PM
187,509,868	The frequent urge to go off (bathroom trips); very loose stool; having no appetite.	Friday, Nov 17th 3:32PM
187,509,523	I feel an internal electrical type feeling and the diarrhea starts. I begin to have dreadful thoughts of past accidents and have cried sometimes to think of what will come. I liken this to thoughts of delivery when a lady has had several children by natural birth. You sorta dread what comes, even tho it is for a short time span. however in U.C., you never know if it will stop or the horrible meds will begin again.	Friday, Nov 17th 3:25PM
187,507,809	Diarrhea Blood on the toilet paper	Friday, Nov 17th 3:13PM
187,507,441	Bleeding.	Friday, Nov 17th 3:05PM
187,506,189	First, blood in stool which increases then stool becomes less formed and becomes mush. Frequency of BMs increase dramatically from 3-7 or more a day. Abdominal and rectum pain begin and increase. Fevers start and I panic, cry often, and stay lying down most of the day into bedtime. Cannot digest solid food at that time and only eating broth and predigested whey protein smoothies.	Friday, Nov 17th 2:29PM
187,504,726	pain in my stomach and more bathroom visits.	Friday, Nov 17th 2:07PM
187,503,576	I get severely lethargic, and the first sign i'm going to flare is little mouth ulcers that are excruciating and make eating near impossible, and by the next day i can barely move due to abdominal pain and swelling and eating isn't even an option until near the end of the flare. I cannot process any solid foods, it's extremely painful, I pretty much live off of soup broth and water while i flare. Oh, and peppermint tea seems to be okay as well.	Friday, Nov 17th 1:46PM
187,502,827	Pain and pressure. Diahrea	Friday, Nov 17th 12:54PM
187,500,763	Extreme body pain blood in stool Diarrhea	Friday, Nov 17th 1:09PM
187,497,701	mucus starts and progressively gets worse on a daily basis and is only controlled through medication.	Friday, Nov 17th 12:33PM
187,497,375	Feel extra tired, mood is low, blood and mucus appear in stools. Everything feels off	Friday, Nov 17th 12:27PM
187,497,071	Begin to get worried about my body, my diet, my routines. My ability to focus on other things declines, as does my overall outlook.	Friday, Nov 17th 12:24PM
187,495,370	Just blood	Friday, Nov 17th 11:48AM

187,495,301	Stomach ache Nausea Cramps Weight loss	Friday, Nov 17th 11:47AM
187,494,056	My mind becomes foggy and I start to become really tired and achy	Friday, Nov 17th 11:15AM
187,493,722	I have rectal pressure, bleeding, bowel incontinence on a daily basis.	Friday, Nov 17th 11:11AM
187,493,370	fatigue, uncomfortable passing stools, blood, indigestion	Thursday, Nov 16th 11:01AM
187,492,846	Depression, Anxiety Pain in stomache and back Feel sick Feverish Urgency to go Sometimes but not always blood and mucous, different poo levels till reach diarroha level.	Friday, Nov 17th 10:50AM
187,492,154	I tend to feel very uncomfortable, cramping and a burning sensation.	Friday, Nov 17th 10:37AM
187,491,580	Abdominal pain, feel low and tired, diarrhoea, loose stools, urgent need for loo	Friday, Nov 17th 10:21AM
187,490,868	Blood and loose stools, I start to panic a little	Friday, Nov 17th 10:07AM
187,490,837	Exhaustion Diarrhea Cramps Oder	Friday, Nov 17th 10:12AM
187,489,801	Minor cramping, increasing bathroom urgency, loose stools, eventually there will be blood in stool.	Friday, Nov 17th 9:50AM
187,489,207	Bowel movements Distinctive abdominal pain Abdominal bloating Fatigue Muscular pain Upper back and neck pain	Friday, Nov 17th 8:36AM
187,488,417	Frequent trips to the bathroom, stomach pains, there's no food that helps during flares and sometimes it feels like it's not even worth it to eat	Friday, Nov 17th 9:23AM
187,487,821	Diarrhea	Friday, Nov 17th 9:10AM
187,486,881	Bleeding etc	Friday, Nov 17th 8:53AM
187,486,244	Lots of wind lots of cramps and lots of poos	Friday, Nov 17th 8:37AM
187,485,664	Sore rectum Loose Bowels	Thursday, Nov 16th 2:35PM
187,485,544	Severe lower abdominal pain, extreme fatigue, joint pain	Friday, Nov 17th 8:19AM
187,485,406	Pain around the Bowel area More than 2 bowel movement Pain around the abdomen	Friday, Nov 17th 8:16AM

Bloody diarrhea and abdominal pain.

187,485,383	Last time 2years again....very bad. In hospital also had pyroderma gangranosa. Ulcers of skin which no one today me was possible.	Friday, Nov 17th 8:16AM
187,485,073	Bloody diarrhea. Exhausted. Mucus in stool.	Friday, Nov 17th 8:11AM
187,484,389	Blood in my stool.	Friday, Nov 17th 7:57AM
187,483,626	I gradually start by getting a build up of mucus on the paper, and the stools I have just flop out.	Friday, Nov 17th 7:32AM
187,483,617	Joint pain and swelling of joints. Stomach pain	Friday, Nov 17th 7:40AM
187,483,541	I typically run a fever.	Friday, Nov 17th 7:38AM
187,482,468	I have accidents almost every day and frequent pooping	Friday, Nov 17th 7:06AM
187,481,772	Stomach problem	Friday, Nov 17th 6:52AM
187,481,604	Urgency, frequency, increase in stool appearance, increase in stool odor. Feeling I am unable to leave the house because of the flare-social isolation.	Friday, Nov 17th 6:42AM
187,481,415	- lots of trips to the toilet - Diarrhea - Blood in stools - Loud stomach/colon noises - Pain	Friday, Nov 17th 6:41AM
187,480,740	I feel very tired, low in mood and poop white stuff.	Friday, Nov 17th 6:24AM
187,480,381	I have increased bowl movements.	Friday, Nov 17th 6:15AM
187,480,293	Blood and mucus starts to appear in stools	Friday, Nov 17th 6:07AM
187,480,083	frequent toilet visits	Friday, Nov 17th 6:07AM
187,479,260	Very early morning visits to toilet initially both before and after breakfast then less frequently during rest of day	Friday, Nov 17th 5:37AM
187,478,924	Stomach irritating	Friday, Nov 17th 5:30AM
187,478,175	Bloating, gas and gurgling, constipation, very lethal smelling farts, body tired, loosing huge amount of blood, nausea, pain, loose stools, toilet up to 15 times in 24hrs, urgency. More or less in that order. Oh and extreme tiredness and stress!	Friday, Nov 17th 4:57AM
187,476,674	It always starts with mucus and blood in the stool.	Thursday, Nov 16th 2:47PM
187,476,602	Frequency of bathroom trips increases. Blood and mucus in stool.	Friday, Nov 17th 4:34AM
187,476,387	Foul smelling bloody diarrhea	Friday, Nov 17th 4:26AM
187,476,299	Joint pain, stomach cramps with bloody diarrhoea and eventually sickness too	Friday, Nov 17th 4:23AM

Stomach pains
Night...

187,475,999	Diarrhoea Tiredness Back pain Bloating Gassy Waking up during the night with sharp abdominal pains.	Friday, Nov 17th 3:59AM
187,474,611	A LOT of blood every time I go to the bathroom, pain in my stomach, bloating, diarrhea.	Friday, Nov 17th 3:32AM
187,474,206	Bleeding lethargy loss of appetite temperature	Friday, Nov 17th 3:30AM
187,473,858	Pain in abdomen and joints. A feeling of overall weakness	Friday, Nov 17th 3:24AM
187,473,694	I will get pains in my stomach and move my bowels often.	Friday, Nov 17th 2:35AM
187,472,182	Chronic Diarrhoea	Friday, Nov 17th 2:00AM
187,471,433	I start to be a bit sad and have to go to the toilet but nothing comes out except gas and I am very bloated after any meal. Blood will appear and after a couple of days I run to the toilet 4-6 times a day. The worse part is I cannot keep it in me. If I have to go, I have to go. That is a stress factor. Which of course does not help.	Friday, Nov 17th 2:08AM
187,471,083	Exhausted, blood, stomach cramps, bloated.	Friday, Nov 17th 2:09AM
187,470,919	I start bleeding	Friday, Nov 17th 2:03AM
187,470,792	Very fatigue , skin breaks out , mood swings and emotional	Friday, Nov 17th 2:01AM
187,470,532	Blood in stools	Friday, Nov 17th 1:53AM
187,470,330	JOINT PAIN FATIGUE DIARRHEA WITH BLOOD AND MUCUS	Friday, Nov 17th 1:45AM
187,469,802	you have the runs with lots of pain and bloody stools	Friday, Nov 17th 1:27AM
187,469,794	Bloody diarrhoea fatigue and painful joints	Friday, Nov 17th 1:26AM
187,469,494	Sweat, i get anxious	Friday, Nov 17th 1:10AM
187,469,280	I was very stressed mentally and physically by the biopsy. The pain lasted about 5 days. On the 10th day after the biopsy I began passing blood. My bowel movements were incomplete, and my rectum felt uncomfortably full. I have general anxiety, including rare full blown panic attacks. If i don't manage the anxiety, it sets the stage for diarrhea, gas, too many bowel movements, and hemorrhoids	Thursday, Nov 16th 10:53PM
187,469,261	For lack of a better way to say it -- not being able to pass gas without being on the toilet because stuff comes out...bleeding...loose stool with undigested food particles in it...urgency resulting in sad accidents...dreadful!	Friday, Nov 17th 12:47AM
187,469,081	Bloody stools and many trips for the trots.	Friday, Nov 17th 12:58AM
187,468,319	Severe bloating, nausea, 10-15 BDs a day, pain, fatigue, salt cravings	Friday, Nov 17th 12:28AM
187,468,280	Round rumbling sound inside stomach as if something is boiling , burning sensation , sleeplessness , colon pain (pain exactly in the place from where the faecal matter comes out), pain in the extreme left side of the abdomen .	Friday, Nov 17th 12:28AM
187,468,276	Weakness Urge to visit toilet	Friday, Nov 17th 12:25AM

	Urge to visit toilet	12:33AM
187,468,174	Mucus and blood in stool as well as urgency	Friday, Nov 17th 12:30AM
187,467,800	Belly pains, bloating, urgency; tiredness and loss of appetite	Friday, Nov 17th 12:16AM
187,467,513	Stomach pain, fear.	Friday, Nov 17th 12:06AM
187,467,505	Rashes on body and blood in stools	Friday, Nov 17th 12:06AM
187,467,294	Pain, bloating, diarrhea and sometimes blood	Thursday, Nov 16th 11:59PM
187,466,862	Haven't had one since the first one.	Thursday, Nov 16th 11:39PM
187,466,737	never recovered	Thursday, Nov 16th 11:38PM
187,466,252	Grinding in lower stomach, gas, chills, shakes and weakness..	Thursday, Nov 16th 11:18PM
187,466,236	Fatigue, diarrhea sometimes accompanied by blood.	Thursday, Nov 16th 11:10PM
187,466,131	Normally when there is a flare, it increases number of times I need to go to toilet. And with the time number of times I need to go increase rapidly. Additionally I get mild cramps in my stomach. Sometimes I need to ran to the toilet.	Thursday, Nov 16th 10:26PM
187,466,101	Dead giveaway is the urgency and neat-misses more than twice a day.	Thursday, Nov 16th 11:09PM
187,465,986	Body aches, exhausted weak, feel like i have type of flu	Thursday, Nov 16th 11:08PM
187,465,975	Nothing just blood	Thursday, Nov 16th 11:06PM
187,465,956	I start feeling "yucky". My stomach gets swollen, my bowel movements are totally different. I feel tired	Thursday, Nov 16th 11:06PM
187,465,896	Rectal bleeding Cramps Diarrhea	Thursday, Nov 16th 11:01PM
187,465,513	very frequent bowel movements, stomach cramps	Thursday, Nov 16th 10:52PM
187,465,430	Cramping Urgency Blood in stool	Thursday, Nov 16th 10:46PM
187,465,411	Bloated, Gassy, no energy, change in bowel movements	Thursday, Nov 16th 10:40PM
187,465,389	Lower back and /or legs ache. Also mucus is seen.	Thursday, Nov 16th 10:44PM
187,465,341	I have a little cramping and know I have to find a restroom fast.	Thursday, Nov 16th 10:33PM
187,465,163	Cramps. I start to panic a little and stress more. Sometimes get depressed about it	Thursday, Nov 16th 10:36PM
187,465,130	I get extremely exhausted, fatigue, my bones hurt, the ulcers in my mouth start, then the diarrhea, belly pain, then usually blood	Thursday, Nov 16th 10:22PM

187,465,129	I get extremely exhausted, fatigue, my bones hurt, the ulcers in my mouth start, then the diarrhea, belly pain, then usually blood	Thursday, Nov 16th 10:22PM
187,465,050	Lower left colon starts to ache, rectum starts to hurt and be sensitive	Thursday, Nov 16th 10:32PM
187,465,029	Blood and mucous in stool, and urgency. Frequent bowel movements. Significant abdominal cramping.	Thursday, Nov 16th 10:26PM
187,465,017	Bloody diarrhea, or blood in stools, and stomach cramps.	Thursday, Nov 16th 10:32PM
187,464,828	Increasing number of bathroom trips per day Bleeding General feeling of malaise Increased fatigue, which is pretty bad to start with Isolating, discouraging	Thursday, Nov 16th 10:21PM
187,464,823	frequent loose stools, urgency and some bleeding	Thursday, Nov 16th 10:22PM
187,464,604	first gas smelly gas then the blood then soft poop.my mind goes into a panic	Thursday, Nov 16th 10:09PM
187,464,468	I usually start with blood when I have a BM. Then tenesmus hits and I'm running to the BR 20 plus times a day. I have very little abdominal pain aside from the cramps you get when you have to poop. I bleed a lot and usually end up anemic. Lialda is currently working for me - I am in remission as evidenced by my last scope which showed no active disease.	Thursday, Nov 16th 10:03PM
187,464,348	I get diarrhea that gets progressively worse.	Thursday, Nov 16th 10:03PM
187,464,062	I know I'm starting a flare when I have more than three trips to the bathroom a day.	Thursday, Nov 16th 9:51PM
187,463,894	I begin to have loose stools with bleeding.	Thursday, Nov 16th 9:44PM
187,463,877	I bleed and have urgent diarrhea	Thursday, Nov 16th 9:45PM
187,463,848	Blood, frequency, excessive weight loss	Thursday, Nov 16th 9:48PM
187,463,830	Pain in lower abdomen, mucous and blood in stools, joint pain, fatigue, sometimes very sore eyes	Thursday, Nov 16th 9:45PM
187,463,829	Blood and mucous stool.	Thursday, Nov 16th 9:43PM
187,463,543	I have ur since 2years . I don't know how but a sudden flare up uc happened to me 2years ago and after I m continuously suffering from uc	Thursday, Nov 16th 9:34PM
187,463,333	Blood in my bowels. I get super tired and my body starts to ache esp my joints. I noticed that my body starts to feel weak. I get very nauseous and even vomit.	Thursday, Nov 16th 9:25PM
187,463,330	Can't control stool	Thursday, Nov 16th 9:26PM
187,462,988	Bloody, runny stools.	Thursday, Nov 16th 9:08PM
187,462,941	pressure in lower right and front of stomach loose stools blood	Thursday, Nov 16th 9:06PM

187,462,916	Foggy headed, fatigue	Thursday, Nov 16th 9:03PM
187,462,891	I start to getting weak, nasueous, and bloated	Thursday, Nov 16th 9:06PM
187,462,864	Uncontrolled flatulence, streaks of blood then bloody stool.	Thursday, Nov 16th 9:02PM
187,462,828	I'm not sure what comes first if the moody actions if the other way around. Anyhow, usually when I begin acting more aggressively than usual. Physically, mucus, liquid feces, frequent trips to the bathroom.	Thursday, Nov 16th 4:59PM
187,462,769	My bathroom trips increase dramatically. My mind is constantly worried that I am going to have to "go" all the time making it very difficult to accomplish everyday tasks.	Thursday, Nov 16th 9:00PM
187,462,639	I certainly stress out when I am having a flare, and I have rectal bleeding, urgency, and fatigue.	Thursday, Nov 16th 8:54PM
187,462,487	Horrible smelling gas, cramps, then diarrhea follows that won't stop	Thursday, Nov 16th 8:48PM
187,462,455	increase in pain, trips to bathroom, increased bleeding	Thursday, Nov 16th 8:47PM
187,462,453	Change in stool Change in stool frequency Cramping in stomach/pain	Thursday, Nov 16th 8:43PM
187,462,408	Need to use toilet more	Thursday, Nov 16th 8:46PM
187,462,317	Gas, mucus, abdominal pain	Thursday, Nov 16th 8:44PM
187,462,264	I am always in a flare I think	Thursday, Nov 16th 8:38PM
187,462,215	Blood, low-grade temperature, tired, no appetite, diarrhea	Thursday, Nov 16th 8:37PM
187,462,113	Lots of trips to bathroom for Bowen movements/diarrhea	Thursday, Nov 16th 8:33PM
187,461,988	Horrible sciatica and joint pain come on about 3 to 5 days before a major flare. I feel anxious and unable to control my anxiety.	Thursday, Nov 16th 8:26PM
187,461,899	urgency and bleeding.	Thursday, Nov 16th 8:20PM
187,461,833	I START HAVING ABDOMEN PAIN , MORE FREEQUENT BOWEL MOVEMENTS THAT BECOME LIQUID. INCREASE IN GAS ..SYMPTOMS CONTINUE TO GET WORSE WITH FREQUENT BLOODY STOOLS . ALSO I SUFFER FROM FATIGUE DURING A FLARE. I GET SO TIRED AND STAY TIRED. MENTALLY I HAVE TO TRY HARD NOT TO GET STRESSED WHICH MAKES IT WORSE, ALSO I CAN FEEL MYSELF START TO GET DEPRESSED ABOUT BEING SICK. I KNOW I WILL HAVE TO GO TO MY GI AND GET ON PREDNSOINE , WHICH I HATE.. I TRY HARD TO TALK MYSELF OUT OF BEING IN A BAD MOOD	Thursday, Nov 16th 7:55PM
187,461,766	Bleeding,multiple times going to restroom	Thursday, Nov 16th 8:19PM
187,461,684	My body started crapping bloody stools all of 15 times a day and sometimes more! I went from 192lbs. to 152lbs. in 4 months.	Thursday, Nov 16th 6:12PM
187,461,679	Stool is first. Then, oh no! Fatigue. So tired	Thursday, Nov 16th 8:12PM

187,461,584	Not applicable as yet - & hopefully will remain so	Thursday, Nov 16th 8:00PM
187,461,554	Blood clots in bm	Thursday, Nov 16th 8:10PM
187,461,548	Tummy bloat, Mucous vs stool Blood	Thursday, Nov 16th 8:10PM
187,461,534	Chronic diarrhea with some bloody stools.	Thursday, Nov 16th 8:05PM
187,461,397	Bloody mucous in my bowel movements. Cramping and pain with multiple bowel movements per day. Very stressful and debilitating.	Thursday, Nov 16th 8:02PM
187,461,246	Blood in my stool and feeling run down	Thursday, Nov 16th 7:44PM
187,461,202	Urgency No farts Watery stool Blood in stool Pain when pooping	Thursday, Nov 16th 7:57PM
187,461,158	Blood. Loose stools. Crappy. Bloating.	Thursday, Nov 16th 7:54PM
187,461,118	I start cramping with diarrhea. My external and internal hemorrhoids become irritated and start bleeding.	Thursday, Nov 16th 7:43PM
187,461,039	I get to the point I go to sleep whenever I sit down and uncontrollable diarrhea and bleeding gets to be the norm.	Thursday, Nov 16th 7:38PM
187,461,037	Blood and mucous on toilet paper, increase in urgency and gas.	Thursday, Nov 16th 7:51PM
187,460,886	See above	Thursday, Nov 16th 7:38PM
187,460,767	Diarrhea, urgency, spasms, loss of energy, weight	Thursday, Nov 16th 7:37PM
187,460,624	Bloating, cramps, blood and mucous in stool	Thursday, Nov 16th 7:27PM
187,460,565	When I develop symptoms, I try to do as much self-care as possible.	Thursday, Nov 16th 7:27PM
187,460,380	Abdominal mild cramping	Thursday, Nov 16th 7:22PM
187,460,372	Bloating, gas and increased frequency of bowel movements	Thursday, Nov 16th 7:22PM
187,460,345	Pain in the stomach	Thursday, Nov 16th 7:21PM
187,460,120	I have blood and mucous in my stool along with gas, pain, and urgency. I tend to feel more fatigued and depressed.	Thursday, Nov 16th 7:11PM
187,460,032	Abdominal pain.	Thursday, Nov 16th 7:07PM
187,459,848	Starting with strong headaches, and then a day or two days later I start seeing blood.	Thursday, Nov 16th 7:00PM
187,459,809	Sudden need to run to bathroom and then seeing blood in stool.	Thursday, Nov 16th 6:56PM

187,459,798	Just go to the bathroom more often	Thursday, Nov 16th 7:00PM
187,459,679	Fear, mad	Thursday, Nov 16th 6:54PM
187,459,648	increased pain uncontrolled diarrhea medication to control diarrhea doesn't work anymore colonoscopy not being able to tolerate all food	Thursday, Nov 16th 6:23PM
187,459,598	Stomach grumbling, growling and churning. I know to stay close to the bathroom.	Thursday, Nov 16th 6:49PM
187,459,373	I feel exhausted, stomach pain, constant diarrhea, joints hurt more than usual	Thursday, Nov 16th 6:38PM
187,459,360	Constantly going to bathroom No. 2 Weak, Nauseous, Unable to eat much	Thursday, Nov 16th 6:38PM
187,459,341	Bleeding; sever urgency and incontinence Lose stools	Thursday, Nov 16th 6:37PM
187,459,318	In my case extreme diarrhea.	Thursday, Nov 16th 6:38PM
187,459,245	Feeling of needing a bowel movement, but next to nothing coming out beyond gas and small amounts of blood.	Thursday, Nov 16th 6:27PM
187,459,093	My digestive system is agitated and my heart rate flutters. I get hyper	Thursday, Nov 16th 6:26PM
187,458,962	Tiredness first, high temperature, stomach pains, then frequent visits to the toilet.	Thursday, Nov 16th 6:04PM
187,458,803	Urgency for the toilet Loose stools with slime and puss Weird feeling on my scalp. Feels like I have sores on my scalp. Blood in toilet	Thursday, Nov 16th 6:19PM
187,458,726	Loose stools, frequent toilet visits	Thursday, Nov 16th 2:55PM
187,458,658	Urgency, blood, gut pain, wind. Mind state is resigned but like blood type ;B+.	Thursday, Nov 16th 5:29PM
187,458,649	Starts with constipation and blood in stool	Thursday, Nov 16th 6:14PM
187,458,603	I get a jelly like anal discharge and have yellow/whitish stuff on my poop.	Thursday, Nov 16th 6:10PM
187,458,528	Bleeding	Thursday, Nov 16th 6:11PM
187,458,451	Feeling bloated, Abdominal pain, frequent loose stools, blood. When I eat within mins it is out.	Thursday, Nov 16th 5:56PM
187,458,413	Blood, bloating, sounds in stomach, pain in stomach and rectal area	Thursday, Nov 16th 5:20PM
187,458,409	Diarrhoea, fatigue	Thursday, Nov 16th 6:04PM
	Blood and soft stools are always the first signs, as well as a bit of urgency.	Thursday, Nov 16th

187,458,361	I also tend to get various joint and / or body aches right before a flare.	Thursday, Nov 16th 5:58PM
187,457,969	Starts with feeling generally unwell, pain in joints. Frequency of urgency, mucus & blood in stool. Pain!	Thursday, Nov 16th 5:52PM
187,457,951	Bloody mucus in stool	Thursday, Nov 16th 5:56PM
187,457,723	trips to the restroom	Thursday, Nov 16th 5:49PM
187,457,645	Mucous and blood in stool, pressure in rectum, distended abdomen, no appetite, no energy, feel like I've been run over by a truck. Sore from head to toe	Thursday, Nov 16th 5:40PM
187,457,415	My belly gets inflamated and I have some pain, then I need to go to the toilet a lot until I start bleeding	Thursday, Nov 16th 5:37PM
187,457,402	Blood for starters then Diarrhea and multiple trips to bathroom and can't control it. Again none of this since humira.	Thursday, Nov 16th 5:34PM
187,457,400	Diarrhoea, cramps, ulcers in nose and mouth and anus, temperature	Thursday, Nov 16th 5:34PM
187,457,336	Mucous. Mucosal shedding is the first sign.	Thursday, Nov 16th 5:32PM
187,457,187	Feeling starts in my stomach muscles feeling. Then my mind starts running with thoughts of when I had originally started onset of issues with more bathroom visits.	Thursday, Nov 16th 5:24PM
187,457,161	diarrhea starts and the pain is sharp	Thursday, Nov 16th 5:29PM
187,457,131	Diarrhea	Thursday, Nov 16th 5:29PM
187,457,003	I notice a lot of emotional and mental changes along with digestive tract pain and impaired bowel control.	Thursday, Nov 16th 5:18PM
187,456,861	Blood,, lots of bowel movements	Thursday, Nov 16th 5:18PM
187,456,859	I feel more tired than normal, and start to get watery stools and/or blood.	Thursday, Nov 16th 5:21PM
187,456,715	My colon gets gassy and I pass a lot of blood tinged mucus...that progressively gets worse. Then I just have a lot of blood and mucus and no real bowel movement. Not sure where all the waste goes...but it doesn't come out.	Thursday, Nov 16th 5:17PM
187,456,691	Weeks and weeks of diarrhea, blood in stool. Feeling grumpy and upset stomach before BM. I recently had this happen and went to the emergency room. My Hemo was 7.7 I was there for 2 days and had a colonoscopy/endoscopy/cat scan and was told I have UC. still waiting for 2 biopsies. They put me on prednisone, florastor, metronidazole, mesalamine, and cipro. I am down to only mesalamine and prednisone and weaning off of predisone slowly. It has helped a little but still feel weak and can't run if I wanted to.	Thursday, Nov 16th 5:00PM
187,456,621	Stomach starts gurgling, fatigue and blood	Thursday, Nov 16th 5:15PM
187,456,429	Bowel changes, blood, fatigue and stomach distension.	Thursday, Nov 16th 5:09PM
187,456,151	Bleeding	Thursday, Nov 16th 5:03PM
187,456,046	I start passing blood in my bowel movements, and I get the urge to go up to 10-12 times a day. And, on some visits to the bathroom, even though I feel like I have to go, nothing comes out.	Thursday, Nov 16th 4:51PM
187,456,005	Bleeding, mucous, diarrhea	Thursday, Nov 16th 4:30PM

187,455,938	Loose stools with constipation, increased - frequency of bowel movements, mucus and blood in stool.	Thursday, Nov 16th 2:32PM
187,455,902	Severe fatigue, joint pain, bloating and stomach pain, psoriasis breakouts, and frequent trips to bathroom!	Thursday, Nov 16th 4:55PM
187,455,868	Gut ache	Thursday, Nov 16th 4:52PM
187,455,512	I start bleeding when I pass a stool.	Thursday, Nov 16th 4:45PM
187,455,474	I start to think about my UC all the time because going to the bathroom has produced alarming symptoms eg blood	Thursday, Nov 16th 4:44PM
187,455,420	Bloody stools	Thursday, Nov 16th 4:42PM
187,455,368	It usually starts with a lot of frequent gas (farts) along with foul acrid odor, lower abdominal pain and cramping, spastic bowel and fatigue. I begin to feel very fatigued and weak, a little depleted, and depressed and anxious about an imminent flare-up.	Thursday, Nov 16th 4:36PM
187,455,325	I find blood when I wipe and I start feeling bad in my gut, you just know when it is starting. Since I have had 3 flareups and many near flareups I already know the signs.	Thursday, Nov 16th 4:39PM
187,455,183	My stomach bloats, my urgency to go to the toilet increases and I see blood when I go to the toilet. I noticed more mucus when I go to the toilet as well.	Thursday, Nov 16th 4:36PM
187,455,180	Tired, blood in stool	Thursday, Nov 16th 4:16PM
187,454,912	Running to the bathroom, Painful bowel movements generally constipation, gas and bloated, indigestion gets worse, tired	Thursday, Nov 16th 4:18PM
187,454,843	Tummy ache Can't sleep Back ache Joint problems Blood Mucous Dioreah	Thursday, Nov 16th 4:28PM
187,454,708	Fatigue, increased diarrhea, indigestion, pain	Thursday, Nov 16th 4:29PM
187,454,688	Pain fever	Thursday, Nov 16th 4:28PM
187,454,624	More bowl movements and blood	Thursday, Nov 16th 4:28PM
187,454,589	I start to bleed heavily from my colon	Thursday, Nov 16th 4:23PM
187,454,530	Start with seeing mucus and blood spots in bowel movements.	Thursday, Nov 16th 4:27PM
187,454,519	Start with seeing mucus and blood spots in bowel movements.	Thursday, Nov 16th 3:57PM
187,454,343	Feel very stressed and anxious then start to experience joint pain. Then more mucus and stomach contractions.	Thursday, Nov 16th 4:14PM
187,454,326	To my mind the urgency to use the bathroom. To my body an inability to stop using the bathroom.	Thursday, Nov 16th 4:18PM

Thursday, Nov 16th

187,454,100	Fatigue and diarrhoea	4:02PM
187,453,983	Tired Windy Discharge Cramps and pains like trapped wind Bad skin	Thursday, Nov 16th 4:09PM
187,453,952	Frequent bowl movements	Thursday, Nov 16th 4:11PM
187,453,880	Running to bathroom and bleeding	Thursday, Nov 16th 4:09PM
187,453,822	Urgency	Thursday, Nov 16th 4:08PM
187,453,796	Increase urgency, blood, diarrhea, feeling sickly, need to eat very bland foods.	Thursday, Nov 16th 4:02PM
187,453,788	Stop being able to go to the bathroom normally. Eventually can not go. Or opposite where I have severe diarrhea where to I cannot leave the house.	Thursday, Nov 16th 4:04PM
187,453,766	Anxiety, worried about having an accident, lose focus on what I am doing	Thursday, Nov 16th 4:05PM
187,453,673	Start to go to the loo more for BMs, blood, gaseous blasts on loo, cramping pains	Thursday, Nov 16th 4:02PM
187,453,618	Bleeding ,problem bowel.feeling pretty dreadful and scared medication	Thursday, Nov 16th 3:58PM
187,453,438	Stomach pains, diarrhoea, aching joints	Thursday, Nov 16th 3:53PM
187,453,252	mucus, urgency to go, dull pain in lower stomach area, all over sense of not feeling good.	Thursday, Nov 16th 3:44PM
187,453,227	Tired, diarrhoea	Thursday, Nov 16th 3:54PM
187,453,163	Start feeling changes in the way my intestines feel	Thursday, Nov 16th 3:53PM
187,453,090	The first sign always begins in the bathroom. Sometimes I believe I just have to pee and end up in there "forever" with severe pains and having the feeling that I'm not done yet. I have to talk myself into just cleaning up and leaving the bathroom...to only have to sit back down quickly. Unfortunately this is usually when messy accidents occur. This may happen for up to 2-3 weeks of pure hell. I lose about 10-15 pounds when this happens. Yes, I do get very depressed during those times. I feel as though I miss so many events because of UC. I changed my diet yet again. Haven't had a flare up in approximately one year now.	Thursday, Nov 16th 3:35PM
187,452,887	Fatigue and increased pain	Thursday, Nov 16th 3:48PM
187,452,882	Increased bowel movements. Cramps.	Thursday, Nov 16th 3:47PM
187,452,803	Excessive and urgent pooping.	Thursday, Nov 16th 3:47PM
187,452,788	I become completely listless and simultaneously lose my appetite 100 percent. I also begin to feel as though I have to go to the bathroom constantly, often times with little or zero production. Often times my arms "feel heavy", my breathing feels somewhat constricted, and distinct odors will often become too much for me to handle. In addition, I feel bloated and will experience quite a bit of abdominal pain--at times acute pain, particularly on my right side. Although I am not a big drinker, I do like to have a beer (quality IPA) at the end of the work day and very occasionally on	Thursday, Nov 16th 2:55PM

	<p>the weekend might have one quality-grade whiskey drink.</p> <p>It seems, however, that the precursor to all of the "triggers" is a sudden aversion to and distaste for alcoholic beverages of any kind. When this occurs I immediately take steps to mitigate what I know is coming (see Q6 answer).</p>	
187,452,673	According to my doctor last winter I was getting slight cramps in my lower stomach. My doctor increased my meds after a colonoscopy. Am now taking 4 Lialda per day.	Thursday, Nov 16th 3:45PM
187,452,665	Extreme diarrhea	Thursday, Nov 16th 3:43PM
187,452,244	body starts to get tired and it becomes hard to function probably because of the loss of blood, mood is affected because of how you are starting to feel, sleep patterns are odd as you wake up in the morning before normal time to go to the toilet, frequency in the number of stools increases, constant bloody stools , stools are not formed	Thursday, Nov 16th 3:21PM
187,452,098	Bleeding	Thursday, Nov 16th 3:34PM
187,451,923	Bloody stools and urgency	Thursday, Nov 16th 3:29PM
187,451,516	Mucus/blood discharge	Thursday, Nov 16th 3:21PM
187,451,403	Frequency in bowel movements, diarrhea, urgency, blood and some pain and discomfort. I become anxious and stressed, not knowing if it's just a temporary flare or into full UC mode!	Thursday, Nov 16th 3:09PM
187,451,348	Blood, diarrhea, weight loss, just plain sick.	Thursday, Nov 16th 3:16PM
187,451,335	a white milky stuff with bowel movement.	Thursday, Nov 16th 3:14PM
187,451,320	Pain starts in area below bellybutton Bloating Feel..I have to go....to BR but nothing then within hour gurgling with urgency...liquid stools	Thursday, Nov 16th 3:11PM
187,451,168	Diarrhea followed by bleeding, increased urgency and decreased sense of completion. I get scared and upset and it affects my ability to go out of doors not knowing where a bathroom might be. Generally a flare lasts several months for me, bleeding is the last symptom to go.	Thursday, Nov 16th 3:03PM
187,450,859	Frequent trips to toilet and no longer have solid stool. Just explosions of yuk!	Thursday, Nov 16th 3:06PM
187,450,767	Going to bathroom up to ten times a day Lose control have accidents Pain	Thursday, Nov 16th 3:07PM
187,450,349	I start feeling weak and losing weight. Bowel movement frequency increases. Mucous starts showing up in my stool.	Thursday, Nov 16th 2:58PM
187,450,206	start getting a lot of gas, that even causes pain. My whole body hurts, legs, arms. Sometimes a get a throat pain that does not seem to cure. Start feeling very tired.	Thursday, Nov 16th 2:45PM
187,450,181	Get weak	Thursday, Nov 16th 2:56PM
187,450,135	Looser stools and signs of blood and mucus.	Thursday, Nov 16th 2:36PM
187,450,099	Passing blood	Thursday, Nov 16th 2:55PM
187,450,074	Body ache, pain going to toilet	Thursday, Nov 16th 2:54PM

187,449,939	Become noticeably very tired, followed by blood/mucus in stool. Then obsessively begin to think that everything is a potential cause or cure!	Thursday, Nov 16th 2:46PM
187,449,692	Abdominal pain increase	Thursday, Nov 16th 2:43PM
187,449,667	Low back and abdomen pain. Increased constipation. Anxiety and fatigue.	Thursday, Nov 16th 2:42PM
187,449,453	Tummy rumbles and increased bowl moments	Thursday, Nov 16th 2:34PM
187,449,366	You just feel it, that sphincter muscle puckers up and it's time to run!	Thursday, Nov 16th 2:33PM
187,449,167	Pains in the lower belly Constantly running to the toilet	Thursday, Nov 16th 2:37PM
187,449,145	Exhaustion, blood in stool, stomach pain, nausea	Thursday, Nov 16th 2:36PM
187,449,079	Physical: expressing mucous, difficult bowel movement, cramps.	Thursday, Nov 16th 2:35PM
187,448,969	Pain on either side, suddenly having diarrhea, urgency, multiple trips to bathroom. I usually am very stressed and then become even more anxious! Often comes out of the blue for me lately.	Thursday, Nov 16th 2:14PM
187,448,967	Get very tired and miserable	Thursday, Nov 16th 2:31PM
187,448,893	Going to the bathroom more, bleeding. I get body aches. Then worrying.	Thursday, Nov 16th 2:32PM
187,448,559	It's all physical, I get diarrhea within 24hrs of eating red meat.	Thursday, Nov 16th 2:08PM
187,448,514	Sicker and running to toilet	Thursday, Nov 16th 2:28PM
187,448,422	Cramping, urgency, and then living in the bathroom	Thursday, Nov 16th 2:24PM
187,448,385	Body - distended abdomen, strong bathroom urges, noisy tummy, mucus covered stool, ulcers in the mouth. Mind - Complete and utter dread.	Thursday, Nov 16th 2:17PM
187,448,366	blood in stool and loose	Thursday, Nov 16th 2:25PM
187,448,327	Painful cramping is the initial indication	Thursday, Nov 16th 2:22PM
187,448,292	Gurgling in belly , feeling bloated , passing blood , urgency or constipation with a bit of mucus passing	Thursday, Nov 16th 2:19PM
187,448,289	I start to bleed, produce mucus with excessive and very embarrassing flatulence	Thursday, Nov 16th 1:58PM
187,448,265	Sleep changed, increase in bathroom visits, and looser stools and increase in anxiety.	Thursday, Nov 16th 2:21PM
187,448,253	More frequent bm's, increased mucus, weight loss, blood.	Thursday, Nov 16th 2:19PM
187,448,210	Bloody stools with mucus as well as intense frequency to run to the restroom	Thursday, Nov 16th 2:23PM
187,448,134	Loose stool with mucus and or blood	Thursday, Nov 16th -----

		2:22PM
187,448,113	body - I hear rumblings in my gut before the BMs change and the urgency starts	Thursday, Nov 16th 2:07PM
187,448,092	Some pain in abdomen, blood, diahrea	Thursday, Nov 16th 2:17PM
187,448,077	Urgency, frequency and blood and incontinence	Thursday, Nov 16th 2:20PM
187,447,984	Urgency and gas, abdominal pain, ridiculous amount of toilet trips, diarrhoea sometimes, blood rarely. I get tireder but I expect this is getting up at night all the time.	Thursday, Nov 16th 2:06PM
187,447,942	Diarrhea Blood Urgency Gas	Thursday, Nov 16th 2:18PM
187,447,909	Mucous and bleeding in stool. Body and joint pain.	Thursday, Nov 16th 2:13PM
187,447,632	star pain in my stomach,noisy,i get diarrhea	Thursday, Nov 16th 2:10PM
187,447,628	feel like flu	Thursday, Nov 16th 2:11PM
187,447,391	Foul smelling gas, then blood in formed stool followed by diarrhea and blood.	Thursday, Nov 16th 2:07PM
187,447,367	I get a very low pain in my tummy with discomfort. Then a lot of wind and bloating followed by blood in the stools, also mucus and water. Then many, many trips to the toilet each day.	Thursday, Nov 16th 1:53PM
187,447,289	Blood when going to the toilet. This is the only regular sign	Thursday, Nov 16th 2:06PM
187,447,225	Blood and mucus in stool.	Thursday, Nov 16th 2:07PM
187,447,110	Frequent urgent diarrhoea with mucus and maybe blood	Thursday, Nov 16th 2:05PM
187,446,867	Gas mucous blood in that order.	Thursday, Nov 16th 1:59PM
187,446,785	Bleeding. Cramps/spasms.	Thursday, Nov 16th 1:56PM
187,446,724	Frequent stools, abdominal pain, lack of energy.	Thursday, Nov 16th 1:59PM
187,446,588	Cramps first usually then bleeding	Thursday, Nov 16th 1:58PM
187,446,386	Flares began with mouth ulcers...immune system damage.	Thursday, Nov 16th 1:43PM
187,446,348	Gas and cramping first. Then bloody stools. Then loose watery bloody stools.	Thursday, Nov 16th 1:51PM
187,446,335	Tired. Stressed. Feel under the weather. Blood and slime in stools. Frequency of bowel movements increases and urgency to go gets really desperate. Rash on leg gets worse - flares up. Mouth ulcers. Get cystitis.	Thursday, Nov 16th 1:48PM

187,446,283	Mucus and blood in stool and diarrhea	Thursday, Nov 16th 1:54PM
187,446,189	Swollen joints, frequent loose bms, cramping	Thursday, Nov 16th 1:52PM
187,446,181	No flares, not applicable.	Thursday, Nov 16th 1:52PM
187,446,120	Blood in stool	Thursday, Nov 16th 1:50PM
187,446,106	No longer experiencing flares.	Thursday, Nov 16th 1:51PM
187,446,008	Stomach cramps,makes strange gurgling noises.I feel light headed and sometimes dizzy	Thursday, Nov 16th 1:48PM
187,445,764	Urgency of going to the restroom, abdominal pain and feeling very tired	Thursday, Nov 16th 1:30PM
187,445,695	More frequent bms, blood in stools, abdominal discomfort.	Thursday, Nov 16th 1:44PM
187,445,614	Worry and start to get constipated	Thursday, Nov 16th 1:44PM
187,445,473	Initially mucous in stool. No flares for 4 years following SCD lifestyle	Thursday, Nov 16th 1:34PM
187,445,465	I get blood in my stools	Thursday, Nov 16th 1:29PM
187,445,276	Noisy stomach, frequency of small jelly movements, difficulty passing movements (urge but little outcome)	Thursday, Nov 16th 1:37PM
187,445,258	When I start to see blood I know a flare has begun. I generally start to feel physical pain in my lower colon, cramping and nausea. I generally also feel depression and fear every time a flare starts.	Thursday, Nov 16th 1:35PM
187,445,168	I start out with left side pain and eventually in to a major flare	Thursday, Nov 16th 1:34PM
187,445,115	Frequent urgent visits to the toilet	Thursday, Nov 16th 1:36PM
187,445,063	Bloating, increased frequency of bowel movements, diaorrea, pain in upper abdomen. Anxiousness due to frequency of bathroom visits needed.	Thursday, Nov 16th 1:32PM
187,445,048	Bleeding	Thursday, Nov 16th 1:34PM
187,444,917	Blood and pus in stool. Frequent motion with urgency. Have to take Cortico steroid for remission.	Thursday, Nov 16th 1:25PM
187,444,875	Tenesmus and blood, mucus in stool.	Thursday, Nov 16th 1:32PM
187,444,759	Observe blood in my stools, more frequent bm	Thursday, Nov 16th 1:26PM
187,444,719	Craps and freqent loo trips	Thursday, Nov 16th 1:30PM
187,444,690	Massive stomach area pain. Lethargic	Thursday, Nov 16th 1:28PM
187,444,656	Excruciating pain in stomach lots of blood and mucous	Thursday, Nov 16th 1:28PM

187,444,633	For me urgency and stomach cramps or rumbling stomach. My mind is conscious of my colitis and I do live with a fear of entering a flare, the rumbling stomach starts alarm bells ringing	Thursday, Nov 16th 1:20PM
187,444,608	Blood when I wipe, gassy, sour gut	Thursday, Nov 16th 1:28PM
187,444,497	Bowel habits change noticeably: more frequent trips to the bathroom; stools not formed; mucous in the stools, etc.	Thursday, Nov 16th 1:23PM
187,444,438	Blood in stool	Thursday, Nov 16th 1:24PM
187,444,325	Watery, frequent, urgent and bloody stools	Thursday, Nov 16th 1:23PM
187,444,293	Urgency, distinct smell, if I go more than 4 times a day, I've started a flare. Anxious, can't sleep, pain that worsens by the minute,	Thursday, Nov 16th 1:22PM
187,444,232	First I have a complete loss of appetite, then abdominal pain, blood comes next, then diarrhea and fever.	Thursday, Nov 16th 1:18PM
187,444,120	More diarrhea, more blood, more frequency, more urgency, associated with fatigue	Thursday, Nov 16th 1:18PM
187,443,988	Minor stomach upset, diarrhea, intensional cramping	Thursday, Nov 16th 1:19PM
187,443,911	I experience urgency with gas that expels watery mucus, mixed with blood. I've become more weak, achy, and sad. The urgent toilet events are loud and embarrassing. Not to mention messy.	Thursday, Nov 16th 1:13PM
187,443,503	Mouth ulcer and joint pain.	Thursday, Nov 16th 1:14PM
187,443,401	Feel very hot, running to look obvs! Feeling of not being in control, fear of accidents so don't want to go out etc	Thursday, Nov 16th 1:09PM
187,443,396	Frequent trips to bathroom. Mucus and blood in stools.	Thursday, Nov 16th 1:14PM
187,443,395	Cramping, mucous	Thursday, Nov 16th 1:14PM
187,443,321	Increased trips to the bathroom, urgency, aching tenesmus for several hours after going.	Thursday, Nov 16th 1:11PM
187,443,289	with my body. I start bleeding.	Thursday, Nov 16th 1:07PM
187,443,287	Body aches n blood presence	Thursday, Nov 16th 1:10PM
187,443,277	The number of stools per day drastically increases along with the consistency of stools. They before more runny. The urgency usually increases as well.	Thursday, Nov 16th 1:05PM
187,443,191	Feel run down and "bloaty"	Thursday, Nov 16th 12:39PM
187,443,132	Urgency, frequency (up to 40 times a day), ineffectual straining, blood and mucous.	Thursday, Nov 16th 1:07PM
187,443,112	Stomach pains, racing mind, anxiety, inability to cope	Thursday, Nov 16th 1:05PM
187,442,988	Joints start hurting. Spend more time in the bathroom. Pain in lower abdomen.	Thursday, Nov 16th 1:10PM
187,442,973	I bleed	Thursday, Nov 16th 1:09PM

187,442,908	Extremely tired, foggy mind, inflammation, urgent need to defecate, and ultimately blood	Thursday, Nov 16th 12:53PM
187,442,904	Bleeding and constant trips to the bathroom	Thursday, Nov 16th 1:06PM
187,442,900	Cramping and diarrhea	Thursday, Nov 16th 1:07PM
187,442,840	Flu like sym Mucus in stool	Thursday, Nov 16th 1:08PM
187,442,822	Blood, mucous runny poop	Thursday, Nov 16th 1:07PM
187,442,808	abdominal pain and cramping with blood	Thursday, Nov 16th 1:05PM
187,442,676	Stomach bloating Acid reflux Bathroom multiple times a day Cramps Constant feeling of needing to use the bathroom Arthritis Irregular bowel moves Mind: get extremely discouraged and bummed out / angry	Thursday, Nov 16th 12:55PM
187,442,622	Diarrhea, gas, very exhausted.	Thursday, Nov 16th 1:04PM
187,442,576	Terrible stomach pain, feeling really ill	Thursday, Nov 16th 1:05PM
187,442,470	Extreme fatigue, moodiness, bloody diarrhea, bowel spasms, urgency, discomfort, pain	Thursday, Nov 16th 1:03PM
187,442,430	Loose cow patty stool looking rusty in color,,, weak and shortness of breath due to anemia,, exhaustion	Thursday, Nov 16th 12:51PM
187,442,234	I get a " different" diarrhea	Thursday, Nov 16th 1:01PM
187,442,158	Stomach cramps and very loose bowel movements	Thursday, Nov 16th 12:56PM
187,442,157	Stomach and rectum starts rumbling. Begin passing blood. Don't feel too bad at first butstruggle t get under control without meds (steroids)	Thursday, Nov 16th 1:00PM
187,442,126	Diorama, urgency to go to the toilet, frequency increases, bowel symptoms, bloating, pain. Arthritis symptoms, fatigue, exhaustion, shogrins symptoms- dry mouth, dry eyes, dry lips.	Thursday, Nov 16th 12:55PM
187,441,904	cramping, bloating, loose bm's. FEAR of a true flare and having to go back on the dreaded Prednisone, which has already done so much damage to my body.	Thursday, Nov 16th 12:46PM
187,441,800	mind races, belly distends, Increased stooling and diarrhea	Thursday, Nov 16th 12:56PM
187,441,659	Abdominal cramping, sever fatigue, constipation initially, lack of appetite, mucus in stool.	Thursday, Nov 16th 12:42PM
187,441,548	My body gets overexhausfed and I do not have energy to do much of anything. I get a brain fog where I have trouble remembering simple daily things.	Thursday, Nov 16th 12:47PM
187,441,513	Constant washroom trips	Thursday, Nov 16th 12:52PM
187,441,436	Anxiety, bloody stool, urgency to use the bathroom.	Thursday, Nov 16th 12:46PM

187,441,140	Severe stomach cramps, eat or drink something then straight to the loo.	Thursday, Nov 16th 12:44PM
187,441,128	Lots of very foul gas, increase in bowel pain, I have pan colitis, there's always some pain up toy left side, but when glaring it hurts all the way to my illium, sometimes nausea, diarrhea, mouth sores, my eyes ache, dry & irritated and my vision gets worse, my inner ears hurt, it gets both harder to hear and sensitive to noise, headache. Wierdly I get shakey especially my hands voice and feet. Sometimes I get rashes, I get tired easily, insomnia, I lose patience and get upset easier. Not all of these happpen every time, but usually diarrhea, headache, bowel pain, ear pain and shakiness and extreme fatigue that has sudden onset.	Thursday, Nov 16th 12:24PM
187,441,064	Continued urgency, bloody, mucus filled diarrhea, 15-18 bowel movements daily, abdominal pain/cramping, nausea,vomiting, etc. My mind just has constant anxiety now as everything has increased from mild to moderate to severe. I also have other autoimmune diseases since being diagnosed with UC in 2012.	Thursday, Nov 16th 12:36PM
187,440,860	Diarrhea, no appetite	Thursday, Nov 16th 12:42PM
187,440,827	More urgency in running to the toilet; more gas.	Thursday, Nov 16th 12:40PM
187,440,785	I get terrible pains and cramps. I have an urgency to run to the bathroom unsure if is gas or a bowel movement. Most of the time I see blood from the urgency.	Thursday, Nov 16th 12:37PM
187,440,777	I feel groggier, and move slower/am much more tired. I notice changes in my movements, too - things get narrower and start to hurt. My appetite changes.	Thursday, Nov 16th 12:42PM
187,440,749	Ir al baño continuamente. Pequeñas diarreas	Thursday, Nov 16th 12:36PM
187,440,663	first I get rumbling and groaning in bowels, then mucus, then blood.	Thursday, Nov 16th 12:40PM
187,440,608	it's all about the 'D' and the # of trips to the bathroom- blood is also a sure sign	Thursday, Nov 16th 12:38PM
187,440,566	blood in stool, rapid loss of weight, pain, low grade fever, fatigue	Thursday, Nov 16th 12:37PM
187,440,397	Stomach pain. Blood and mucas in stool	Thursday, Nov 16th 12:37PM
187,440,391	Worsening symptoms Discomfort throughout Weight loss	Thursday, Nov 16th 12:23PM
187,440,332	Get loose BM - hope it's just something I ate but then lasts a few days....	Thursday, Nov 16th 12:33PM
187,440,254	I'm super tired. Feel crampy. Diarrhea	Thursday, Nov 16th 12:33PM
187,440,234	Build up of gas Pain in stomach, constant lasts hours or days Specialist said watch for sense of urgency but this hasn't happened yet	Thursday, Nov 16th 12:32PM
187,440,175	diarrhea	Thursday, Nov 16th 12:34PM
187,440,170	Stomach cramps, mucous, bleeding and frequent trips to the bathroom	Thursday, Nov 16th 12:20PM
187,439,971	Soft and blood in stool and multiple trips to the restroom.	Thursday, Nov 16th 12:29PM
187,439,912	I pass blood, more frequent trips to ba/r , lower abdomen discomfort	Thursday, Nov 16th 12:30PM

187,439,782	Slow process of gradually loosening stool. Eventually there is blood, liquid stool, and pain.	Thursday, Nov 16th 12:28PM
187,439,761	Symptoms are my go to indicator. Increased frequency, bleeding, mucus, tenesmus	Thursday, Nov 16th 12:29PM
187,439,641	the frequency and urgency of BMs increase greatly. the consistency changes, lots of mucous and usually blood	Thursday, Nov 16th 12:24PM
187,439,625	I have pancolitis, so my entire colon is effected. As such, I have intense pain, especially in the transverse colon area, increased bowel activity, joint pain, trouble sleeping - even though I need it.	Thursday, Nov 16th 12:24PM
187,439,486	I start feeling very tired, bloated, diarrhea with blood, urge to go constantly	Thursday, Nov 16th 12:22PM
187,439,471	N/A	Thursday, Nov 16th 12:24PM
187,439,450	Funny stomach feelings, bowel sensation and diarrhea.	Thursday, Nov 16th 12:00PM
187,439,342	fatigue and bloody diarrhea that comes at me pretty fast. I have also wound up with C-Diff 3 times.	Thursday, Nov 16th 12:20PM
187,439,293	cramps that travel from the stomach towards the back and sides and then loose stool is the start	Thursday, Nov 16th 12:17PM
187,439,269	Abdominal pain	Thursday, Nov 16th 12:22PM
187,439,094	Fever, aches, fatigue, bleeding	Thursday, Nov 16th 12:19PM
187,439,082	Constipation, smaller bowel moments, mucus in stools and then I start to get really anxious	Thursday, Nov 16th 12:15PM
187,438,983	Blood in stool	Thursday, Nov 16th 12:17PM
187,438,802	Urgency, blood, mucus, and number of bowel movements.	Thursday, Nov 16th 12:13PM
187,438,755	diarrhea	Thursday, Nov 16th 12:16PM
187,438,737	Extreme fatigue and mental foginess, abdominal pain, soreness in joints, dehydration, very urgent diarrhea, lack of appetite, nausea, etc. My flares have all come on suddenly, so most of these things start to happen all at once and with little to no warning.	Thursday, Nov 16th 10:55AM
187,438,717	Typically mucus and bleeding.	Thursday, Nov 16th 12:14PM
187,438,696	Unknown	Thursday, Nov 16th 12:14PM
187,438,529	More frequent loose stools, pain lower left abdomen	Thursday, Nov 16th 12:10PM
187,438,376	Diarrhea bleeding urgency	Thursday, Nov 16th 12:07PM
187,438,338	Large quantities of mucus in my stools, diarrhoea, urgency and, if it's really bad, I go slightly green!	Thursday, Nov 16th 12:01PM
187,438,336	Having really bad tummy pains. It can feel like my intestines are being twisted.	Thursday, Nov 16th 11:59AM
187,438,315	Cramps, gas, pain, lots of lose stools	Thursday, Nov 16th 12:09PM

187,438,100	Very gaseous. Diarrhea.	Thursday, Nov 16th 12:01PM
187,438,089	Flatulence becomes especially foul.	Thursday, Nov 16th 12:00PM
187,438,069	I can feel it in my gut - the urge for a BM gets intense coupled with mild cramping, mild diarrhea... and for sure if there is blood on the TP or in the toilet. There is a psycho/social dimension to UC. I can ease my gut distress if I chill out. If I'm stressing out over something, if I don't get enough rest, not sleeping well can cause UC signals to start up. Too many Dr's just treat with chemicals/meds... diet for me is always important in avoiding and/or recovering from a flare (my wife and I have spent lots of time studying the gut and diet issues. Also for me some counselling has been useful because there are things I don't see or know about myself that a counsellor can see. Don't wait until a flare grabs you, go see a counsellor and make sure you have all the behavior factors considered or identified.	Thursday, Nov 16th 11:31AM
187,438,058	Frequent bowel movements, loose stool, mucous in stool, tiredness, bloating and abdominal pain leading to bloody diarrhoea if it worsens. Then I start to feel scared and panicked.	Thursday, Nov 16th 12:02PM
187,438,031	Excessive gas, mucus and blood in stool, bad mood	Thursday, Nov 16th 12:05PM
187,438,026	Increased stomach pain and bowel sounds and blood reappears in stool	Thursday, Nov 16th 12:04PM
187,437,984	Mild belly discomfort, gaining in intensity and building sense of urgency. Panic.	Thursday, Nov 16th 11:56AM
187,437,981	Severe stomach aches and pains and diarrhoea and blood.	Thursday, Nov 16th 11:54AM
187,437,979	Bleeding and diarrhea.	Thursday, Nov 16th 12:04PM
187,437,772	Extreme fatigue lots of blood and mucus and constantly going to bathroom sometimes not making it :(Thursday, Nov 16th 12:03PM
187,437,749	Pain, bleeding & diarrhoea increase.	Thursday, Nov 16th 12:00PM
187,437,687	My stool consistency changes(more loose) have to run to the bathroom several times a day with urgency, more bloating, stomach pain, and gas. My mind starts thinking about how I'm going to function with these symptoms and get out of yet another flare. Start worrying about everything I have to do and how I'm going to manage with how I feel. Also start feeling depressed and will often cry.	Thursday, Nov 16th 11:50AM
187,437,635	Stomach feels bloated and feel urgency to go to the toilet but usually only pass blood and mucus.	Thursday, Nov 16th 11:59AM
187,437,618	Pain, fatigue, mucus and blood in stool, extreme urgency.	Thursday, Nov 16th 11:57AM
187,437,590	Pain in lower left abdomen accompanied by blood in stool	Thursday, Nov 16th 11:58AM
187,437,565	Blood in stool, mucous, tenesmus, fatigue, gas, stomach cramping.	Thursday, Nov 16th 10:59AM
187,437,473	blood. diarrhea. pain. eventually begin to feel faint/dizzy as hemoglobin levels drop.	Thursday, Nov 16th 11:57AM
187,437,460	Stomach cramps extreme diarrerra bleeding sleep less nights	Thursday, Nov 16th 11:57AM
187,437,425	Depressed, sore when sitting	Thursday, Nov 16th 11:57AM
187,437,392	Extreme, prolonged frequent diarrrhea lasting for 5 or 6 weeks	Thursday, Nov 16th 11:50AM

187,437,373	Urgency and informed stools and in bathroom frequently and 24/7	Thursday, Nov 16th 11:49AM
187,437,351	liquid stools	Thursday, Nov 16th 11:56AM
187,437,346	diarrhea bloody in stool abdominal pain I can feel where my colon is located	Thursday, Nov 16th 11:55AM
187,437,243	I completely lose control and cannot I get to a bathroom fast enough.	Thursday, Nov 16th 11:51AM
187,437,206	GET LIGHT BLOOD IN STOOL WITH A WHITE MUCUS LIKE FLEM ALSO IN STOOL .	Thursday, Nov 16th 11:47AM
187,437,190	Blood in my stool, body hurts, no energy.	Thursday, Nov 16th 11:53AM
187,437,166	Cramps and frequent trips to the bathroom	Thursday, Nov 16th 11:53AM
187,437,119	I get ANXIOUS I am aware of my colon, especially stabbing pains that are mild in the anus. Loose frequent stools, sometimes with gas bubbles or mucous	Thursday, Nov 16th 11:48AM
187,437,117	My poop smells bad for a few days and then the diarrhea and blood.	Thursday, Nov 16th 11:51AM
187,437,093	Left sided pain, diarrhea, body starts to tell me	Thursday, Nov 16th 11:50AM
187,437,034	I usually can feel it by bowel movement spasms and stomach rumblings. I know it is coming and I reach for my Apriso real quick and take one on the spot. Several times a year I will pickup an intestinal virus and my bowels go crazy - no control of the spasms and the resulting not reaching a toilet in time - most times I not only get to clean the floor up but my bod as well. One time it started when IO was sleeping and it occurred twice more that night as I slept - I finally ran it out by just sitting on toilet till the apriso kicked in.	Thursday, Nov 16th 11:32AM
187,437,010	When I have rectal bleeding or when the stools start to get narrow.	Thursday, Nov 16th 11:48AM
187,436,965	Stomache ache. Running to toilet	Thursday, Nov 16th 11:50AM
187,436,889	I become extremely tired. All over body aches. Gassy, bloated, grumbling tummy. Pains in various parts along my colon. More mucous than is normal and bloody stools.	Thursday, Nov 16th 11:43AM
187,436,842	Bloating , cramps and loose stools and often	Thursday, Nov 16th 11:46AM
187,436,821	Pain many bathroom visit.	Thursday, Nov 16th 11:42AM
187,436,818	Pooping more, then not at all as things get inflamed then lots of blood, gas and achiness waist down	Thursday, Nov 16th 11:47AM
187,436,812	It was a long time ago so I can not answer this.this	Thursday, Nov 16th 11:40AM
187,436,686	Cramping pain in left hand side Blood in stools	Thursday, Nov 16th 11:43AM
187,436,672	BLOOD!! First, it starts with a little bit. Then to..... well you know! Eating becomes a Real challenge then! The less you eat the weaker you become.	Thursday, Nov 16th 10:58AM
187,436,628	Mucusy urgent stools that eventually may have some blood. Urgency. Anxiety.	Thursday, Nov 16th 11:45AM

		11:42AM
187,436,627	I notice mucus in my stool and urgency. I'm not sure if my mind is different during a flare.	Thursday, Nov 16th 11:41AM
187,436,565	Bloody loose stools	Thursday, Nov 16th 11:42AM
187,436,518	Stomach churns/cramps/stool consistency starts to soften	Thursday, Nov 16th 11:42AM
187,436,514	Blood starts showing up first. Abdominal pain and cramps later. Feel tired and lose appetite.	Thursday, Nov 16th 11:10AM
187,436,493	Body is in severe pain, tummy and chest ache. I get emotional and moody, I feel really low.	Thursday, Nov 16th 11:41AM
187,436,492	Constipation..diarrhea...pain in gut..blood in stool I panic,I have accidents when out..I stop my life (This has not happened in 3 years..)	Thursday, Nov 16th 11:25AM
187,436,480	The start of the flare triggers anxiety & your mind become frazzled & Stressed which In turn wrecks havoc on ya bowels !	Thursday, Nov 16th 11:27AM
187,436,477	Blood in my stool	Thursday, Nov 16th 11:41AM
187,436,461	It feels like stomach heartburn..	Thursday, Nov 16th 11:41AM
187,436,458	Stool becomes thinner. Blood soon follows	Thursday, Nov 16th 11:42AM
187,436,440	Fatigue is probably the worst blood pain depression	Thursday, Nov 16th 11:41AM
187,436,437	Fatigue gassy smelly toots, irritable	Thursday, Nov 16th 11:43AM
187,436,418	Mucus in my stool	Thursday, Nov 16th 11:41AM
187,436,299	Decrease in frequency of solid bowl movements with decrease in diameter of bowl movement size, and severe joint pain, and sometimes rash on my skin	Thursday, Nov 16th 11:38AM
187,436,283	When I see blood in passing stools...I feel devastated n broken n sad n depressed over d fact that I have an incurable disease..	Thursday, Nov 16th 11:36AM
187,436,282	Slowly start having nausea and diarrhea, and my hunger goes away. I'll cramp more than usual (I also have IBS so I still cramp most days). Eventually it gets out of control and the weight loss starts. Exhausted doesn't even cover how I feel.	Thursday, Nov 16th 11:32AM
187,436,258	Rectal bleeding increases accompanied by urgency and chills	Thursday, Nov 16th 11:38AM
187,436,199	Loose bowel movements, feel ill, tired, mucous in bowel movements	Thursday, Nov 16th 11:37AM
187,436,100	Any sign of rectal bleeding and abdominal pain or discomfort. I get very scared and don't want to repeat what I've gone through ever again. (Two blood transfusions, loss 30 lbs - i'm 117 lbs to begin with, horrible side effects from mesalamine - Pericarditis)	Thursday, Nov 16th 11:29AM
187,435,989	Instant urgency and frequency of BMs.	Thursday, Nov 16th 10:39AM
187,435,906	Bloating....lower abdominal pain...constipation..drained and tired	Thursday, Nov 16th 11:37AM

		11:27AM
187,435,874	Increase in cramping and then the mucus starts. Then blood and increased frequency.	Thursday, Nov 16th 11:33AM
187,435,868	Lower back pain, frequent bowel moment, always urge to defecate, loose and bloody bowel	Thursday, Nov 16th 11:31AM
187,435,782	More poos some with blood.	Thursday, Nov 16th 11:32AM
187,435,724	I can know a flare is coming in advance when I start having lower-back pain. This is when I try to do everything I can to prevent the flare. If I fail to do so, the mucus start showing up in my stool. Then blood depending on different factors.	Thursday, Nov 16th 11:26AM
187,435,690	I would start to see mucus and blood.	Thursday, Nov 16th 11:31AM
187,435,656	My toilet trips get frequent	Thursday, Nov 16th 11:30AM
187,435,591	Abdominal pain, cramping and diarrhea. Bloody stools and mucous. Also fatigue and some joint pain.	Thursday, Nov 16th 11:25AM
187,435,563	Urgency	Thursday, Nov 16th 11:27AM
187,435,539	Not sure	Thursday, Nov 16th 11:31AM
187,435,400	Have not gone in remission	Thursday, Nov 16th 11:29AM
187,435,335	Blood in stool	Thursday, Nov 16th 11:27AM
187,435,326	I feel stomach aches I experience constipation I feel sensations in my rectum that feel like gasiness, wanting to have a bowel movement but nothing substantive comes	Thursday, Nov 16th 11:19AM
187,435,316	Cramps - more frequent and increasing after I eat to the point of being constant Blood in stool Bloating to the point of needing a different pant size	Thursday, Nov 16th 11:27AM
187,435,315	Blood and mucus in stool. Urgency, multiple trips to bathroom.	Thursday, Nov 16th 11:24AM
187,435,310	My whole body (muscles/joints) ache. Exhausted, even when ive rested more than 8 hrs. Knife jabbing pain in the center of my belly. Watery diarrhea.	Thursday, Nov 16th 11:10AM
187,435,309	Urgency, excess mucus, bloody diarrhea Mental stress, disappointment, depression	Thursday, Nov 16th 11:27AM
187,435,259	Overall body aches, depression, thrush on the tongue, large, hard nasal discharge, urgency to go to the bathroom, unable to hold in bowel movements, pain, bleeding, vomiting, swollen, painful joints, anxiety,	Thursday, Nov 16th 11:21AM
187,435,250	Constipation with stools containing blood and mucous and increased frequency of defecation	Thursday, Nov 16th 11:26AM
187,435,243	Mucus and blood in stools as well as urgency and a 'bubbling' stomach	Thursday, Nov 16th 11:25AM
187,435,236	Anxiety Lack of sleep Extreme pain and discomfort Low energy	Thursday, Nov 16th 11:26AM
187,435,226	Bloody diarrhea, stomach pain, gas and bloating	Thursday, Nov 16th

187,435,229	bloody diarrhea, stomach pain, gas and bloating.	11:23AM
187,435,193	Pain in lower gut, irregular BMs both/either loose or hard	Thursday, Nov 16th 11:20AM
187,435,186	Going to the bathroom every hour	Thursday, Nov 16th 11:02AM
187,435,177	More blood lost Worry more that I'll in up back in the icu/hospital	Thursday, Nov 16th 11:23AM
187,435,153	My colitis is never in full remission	Thursday, Nov 16th 11:26AM
187,435,143	I get D, I start feeling anxious, I start to lose control of my bowels	Thursday, Nov 16th 10:44AM
187,435,085	start to hear rumbling sounds in stomach, feel full and gassy, very tired, then a bout of diarrhea, then if eating later when you think you are going to be ok, you are not! more diarehea, start feeling anxiety and depressed if I'm out I want to go right home, if I am home I dont go out. either way, more diarehea just running through body, turns to feeling that you want to go more, but you can't. kind of like dry heaving through your butt. then sweating, pain, weakness....in a flare and hoping you can slow it down with a steroid	Thursday, Nov 16th 11:08AM
187,435,084	Loose stool with blood	Thursday, Nov 16th 11:25AM
187,435,046	Blood, urgency, diarrhea	Thursday, Nov 16th 11:22AM
187,435,032	Fatigue and bloated Red wine	Thursday, Nov 16th 11:23AM
187,435,028	Panic	Thursday, Nov 16th 11:24AM
187,435,026	I have some bleeding, I literally ache all over, like ALL OVER, I have lots of visits to the washroom and pray that I have no accidents	Thursday, Nov 16th 11:23AM
187,434,958	Not able to eat...bleeding	Thursday, Nov 16th 11:24AM
187,434,949	begins with mucus when going to the bathroom. Then I start having abdominal plain and need to use the bathroom frequently through the day. Next is blood and I know I'm in a full on flare.	Thursday, Nov 16th 11:22AM
187,434,915	Gassy, bloated, mucus and blood,	Thursday, Nov 16th 10:59AM
187,434,913	Mucus in stool and urgency increases	Thursday, Nov 16th 11:22AM
187,434,881	Pain in llq	Thursday, Nov 16th 11:18AM
187,434,851	Blood in stool. Urgency to use restroom	Thursday, Nov 16th 11:21AM
187,434,838	Mucus, Blood, Blooting, pain	Thursday, Nov 16th 11:21AM
187,434,760	Loose, bloody, painful, frequent stools	Thursday, Nov 16th 11:16AM
187,434,753	Gas - tired - urgency - loose stools - blood in stool	Thursday, Nov 16th 11:19AM
187,434,716	Blood Frequently of bathroom trips	Thursday, Nov 16th 11:20AM

	frequency of bathroom trips	11:20AM
187,434,714	1. Bloating. 2. Mucous.	Thursday, Nov 16th 11:17AM
187,434,696	sustained irregular bowel movements, sustained pain, sustained blood mind starts to laugh and kill it with laughter	Thursday, Nov 16th 11:19AM
187,434,684	Pain in the abdomen and lots of trips to the loo	Thursday, Nov 16th 11:10AM
187,434,679	Urgency is the first sign for me. I then start seeing mucus in my stools.	Thursday, Nov 16th 11:14AM
187,434,650	Bloating and lots of blood in the stool. Gas and a constant stream of toilet visits. My whole body aches and is uncomfortable.	Thursday, Nov 16th 11:18AM
187,434,631	Looser stools feeling depressed	Thursday, Nov 16th 11:13AM
187,434,630	I feel stomach cramps and they bother me while sleeping	Thursday, Nov 16th 11:18AM
187,434,561	Diarrhea	Thursday, Nov 16th 11:18AM
187,434,541	I get really tired, I start to get abdominal cramping, go to the bathroom more, have an overall queasy feeling, my stools change and include red and mucous.	Thursday, Nov 16th 11:15AM
187,434,539	Blood in stool, bowel movement changes	Thursday, Nov 16th 11:17AM
187,434,496	.	Thursday, Nov 16th 11:18AM
187,434,492	constant bloody diarrhea pain fatigue depression	Thursday, Nov 16th 11:15AM
187,434,438	passing blood	Thursday, Nov 16th 11:17AM
187,434,420	loose stool and abdominal cramps and pain	Thursday, Nov 16th 11:17AM
187,434,418	I have severe stomach pain and frequent bowl movements(up to 25 a day)	Thursday, Nov 16th 11:13AM
187,434,351	Lower abdomen starts to hurt and bloody diarrhea	Thursday, Nov 16th 11:12AM
187,434,330	Bleeding	Thursday, Nov 16th 11:15AM
187,434,299	Bloody mucus, diarrhea	Thursday, Nov 16th 10:40AM
187,434,282	Bloody bowel movements	Thursday, Nov 16th 11:10AM
187,434,264	Immediate sharp increase in bms followed in 3 to 6 days with blood and mucus in stool.	Thursday, Nov 16th 11:10AM
187,434,252	Only experienced one flare; with frequent bloody diarrhea, fever, and general malaise.	Thursday, Nov 16th 11:04AM
187,434,169		Thursday, Nov 16th 10:59AM

	I get very tired and feel run down. I hen the diarrhea and gas and pain starts. It may take a day or two for it to get bloody. I start to get nauseous and vomit too, occasionally with blood. Other symptoms are headaches, loss of appetite and	
187,434,165	Pain and bloody discharge	Thursday, Nov 16th 11:12AM
187,434,156	Urgency	Thursday, Nov 16th 11:08AM
187,434,101	Bleeding, stomach ache, feel sick. No energy.	Thursday, Nov 16th 11:11AM
187,434,100	Firstly the urgency to empty my bowel starts. Normally up to 7 times daily the first few days, then onto 10x, then rising between 20x. My flares always result in a hospital stay for 2/3 weeks. They get severe very fast. Mentally I'm drained and go into a depressive sad state.	Thursday, Nov 16th 10:57AM
187,434,080	rectal bleeding or stomach aches	Thursday, Nov 16th 11:11AM
187,434,079	Mucus in stool and the an increasing need to go to the W.C	Thursday, Nov 16th 10:55AM
187,434,053	First sign is loss of appetite. Second is persistent diarrhea with terrible cramping Third is blood, more cramping, and abdomen hurts just to touch- it feels like I got hit in the stomach with a baseball bat	Thursday, Nov 16th 11:07AM
187,434,050	I get colon pain, cramping, diarrhea and very bad low back pressure.	Thursday, Nov 16th 11:10AM
187,434,038	Exhaustion, worsening gut pain and output. Then blood.	Thursday, Nov 16th 11:09AM
187,433,983	Stomach pain	Thursday, Nov 16th 11:06AM
187,433,939	More frequent and partial BMs!	Thursday, Nov 16th 11:09AM
187,433,927	Cramping and diarrhea, sense of urgency and frequency.	Thursday, Nov 16th 11:03AM
187,433,879	Mucus and bloody stools	Thursday, Nov 16th 11:07AM
187,433,855	Mucus and blood in stool.	Thursday, Nov 16th 11:07AM
187,433,761	Frequency of bowel movements.	Thursday, Nov 16th 11:07AM
187,433,704	Regular trips to the loo - starting with twice a day up to 10 times a day with in a week	Thursday, Nov 16th 11:05AM
187,433,688	Very very tired. bloated, much diarrhea, abdomen hurts, sometimes I run a slight fever, lose weight... 20-25 trips to the bathroom a day is normal in a flare	Thursday, Nov 16th 11:00AM
187,433,677	Stomach pain ...frequent trips to bath room, stool with blood	Thursday, Nov 16th 11:01AM
187,433,629	Blood in stool, weakness, diarrhea	Thursday, Nov 16th 11:02AM
187,433,624	Urgency to go but very little to nothing happens. Cramping pain on the left side of my stomach.	Thursday, Nov 16th 11:00AM
187,433,608	I start to get very nervous about eating and leaving the house whereas I think about that much less if at all when I'm well	Thursday, Nov 16th 11:04AM
187,433,597	I have cramps	Thursday, Nov 16th 11:04AM

187,433,589	Really smelly farts Urgent bathroom trips like I'm not able to get to sometimes Blood in stool	Thursday, Nov 16th 11:01AM
187,433,532	Tired feeling, night sweats, loose, bloody stool. Mucous. General malaise.	Thursday, Nov 16th 11:01AM
187,433,526	My stomach hurts. Mucus and blood appear once I'm in the restroom	Thursday, Nov 16th 11:03AM
187,433,525	Night sweats Loose stools Bloating Hot flushes Ulcers in nose and mouth	Thursday, Nov 16th 11:03AM
187,433,515	exhausted, bleeding, diaraeh	Thursday, Nov 16th 10:45AM
187,433,478	Blood in stool. Always tired!!!	Thursday, Nov 16th 11:02AM
187,433,464	Frequency of loo visits with uregency and then puss and/or blood.	Thursday, Nov 16th 10:50AM
187,433,457	Bloody stools, stomach aches	Thursday, Nov 16th 10:58AM
187,433,456	My hair starts falling out, feel weak, moody and lazy	Thursday, Nov 16th 11:00AM
187,433,450	Feel blah, sluggish, fuzzy in the brain. Some nausea but more like overall lack of energy and heavy feeling in my gut. I also have associated foot pain as my UC directly correlates with ball of my foot pain and what feels like gout but I think is really UC related arthropathy where I cant walk or put on my shoes in extreme cases.	Thursday, Nov 16th 10:50AM
187,433,433	I can feel the inflammation in my colon. I become more tired because my body is working harder to fight it. Blood loss when in the bathroom will be the trigger. Will send me into a day of fever. Normally takes me two full days to come out of it.	Thursday, Nov 16th 10:56AM
187,433,413	1.Tummy ache, cramping,nausea and general tiredness. 2.Feel very stressed and upset--because I know that I am having a flare.	Thursday, Nov 16th 10:58AM
187,433,381	Blood	Thursday, Nov 16th 11:01AM
187,433,300	Frequent bowel movements. Feels like bloated stomach. Kind of the feeling that your stomach has swollen. Excessive tiredness	Thursday, Nov 16th 10:53AM
187,433,281	fatigue hits, abdominal pain, blood in stool, diarrhea	Thursday, Nov 16th 11:01AM
187,433,269	Confusion, pain in abdomen, low energy, nauseous, abnormal bowel movements.	Thursday, Nov 16th 10:57AM
187,433,232	Move into the bathroom	Thursday, Nov 16th 10:58AM
187,433,201	First diarrhea hits for 3 days followed by the bleeding and finally more bleeding.	Thursday, Nov 16th 10:52AM
187,433,195	Bleeding Dramatic increase in bowel movements Lots of mucus and consistency changes- sometimes completely watery, other times just soft and unformed Incontinence Exhaustion and overall malaise Cramping Mind for	Thursday, Nov 16th 10:40AM

187,433,181	Intestinal: blood, mucus. Joints: pain, swelling. Eyes: red, dry, sandy feeling. Mind? I do not recall.	Thursday, Nov 16th 10:52AM
187,433,166	My body aches, and I suffer from fatigue as well as going to the bathroom more frequently.	Thursday, Nov 16th 10:58AM
187,433,155	Bleeding Discomfort	Thursday, Nov 16th 10:55AM
187,433,153	Cramping - jittery -feeling of despair/depression- overall miserable. My reflux kicks up (viscous cycle).	Thursday, Nov 16th 10:54AM
187,433,144	Watery stool	Thursday, Nov 16th 10:53AM
187,433,130	I can always tell I'm about to enter by the consistency of my number 2's. My stool will start to be a lot more looser and I will feel a lot more cramping in the mornings especially.	Thursday, Nov 16th 10:37AM
187,433,054	It just started with stomach cramps	Thursday, Nov 16th 10:57AM
187,433,051	abdominal cramping, Mucus in my stool.	Thursday, Nov 16th 10:54AM
187,433,029	Urgencies, accidents, can't hold it when I feel the sensation of making #2 coming on, blood in stool every time, straining when making #2	Thursday, Nov 16th 10:53AM
187,432,967	I get really anxious feeling. My ankles swell. I can't sleep and have restless legs and frequent muscle cramps in feet and legs. I can't get enough sleep. My friends and coworkers tell me I look tired all the time. My ears itch. My skin looks dull. My heels hurt. Headaches. Everything I eat seems to bother my stomach.	Thursday, Nov 16th 10:47AM
187,432,950	Frequent trips to toilet. Then if I have to go out stress from worrying about making it to a washroom. Fatigued no appetite even though I feel hungry. Eat a few bites then can not finish. Bleeding is the worse part. Migraines too. I don't think a flare up leaves out any part of my body.	Thursday, Nov 16th 10:44AM
187,432,943	Symptoms include loose stools (many times watery, sometimes blood), abdominal cramping, pain in rectum, and urgency. Several uncomfortable emotions tend to accompany the physical symptoms (panic, worry, fear, frustration, anger, depression, etc.).	Thursday, Nov 16th 10:47AM
187,432,939	Very intense, urgent, painful bowel movements, body covered in sweat and shaky.	Thursday, Nov 16th 10:51AM
187,432,892	bloody stool and mucus	Thursday, Nov 16th 10:54AM
187,432,827	Consistency of stools, blood, cramping, frequency, panic.	Thursday, Nov 16th 10:51AM
187,432,823	Usually I have to run to the bathroom shortly after consuming the above foods.	Thursday, Nov 16th 10:53AM
187,432,820	Diarrhea, blood, mucous, pain, achy, weakness and tired.	Thursday, Nov 16th 10:49AM
187,432,798	Blood...urgency.	Thursday, Nov 16th 10:52AM

187,432,797	I know because I constantly have to go to the bathroom more and more. Then I start having joint pain in my legs. Depression sets in shortly after.	Thursday, Nov 16th 10:50AM
187,432,770	Mucus discharge then blood	Thursday, Nov 16th 10:53AM
187,432,738	I get stomach pains when I eat, diarrhoea, fatigue and I lose weight very quickly, over a period of 2 - 3 weeks.	Thursday, Nov 16th 10:41AM
187,432,729	Bowel movements are bad, slowly turning combined with mucus and blood.	Thursday, Nov 16th 10:51AM
187,432,692	Mouth sores, muscle aches, headache followed by cramps, diarrhea, blood.	Thursday, Nov 16th 10:49AM
187,432,688	Loose stools and very urgent. Pain and blood. Tired and anxious.	Thursday, Nov 16th 10:52AM
187,432,613	She starts losing blood!	Thursday, Nov 16th 10:49AM
187,432,587	Get stomach related symptoms	Thursday, Nov 16th 10:50AM
187,432,582	Blood clots and lower left side pain	Thursday, Nov 16th 10:51AM
187,432,580	Very loose stools	Thursday, Nov 16th 10:49AM
187,432,578	Extreme fatigue, frequent bloody bm, weight loss, general malaise.	Thursday, Nov 16th 10:50AM
187,432,555	Constant diarrhea and burning in my upper colon. Rapid weight loss.	Thursday, Nov 16th 10:46AM
187,432,490	Very loose, frequent bowel movements. Getting up in the middle of the night. Urgency.	Thursday, Nov 16th 10:39AM
187,432,489	I feel sluggish (more than usual), My toilet frequency increases A LOT, I start seeing blood and mucous more often up to all the time, I can be grumpy and feel depressed.	Thursday, Nov 16th 10:39AM
187,432,487	Mucus in my bowel, loose bowel, blood	Thursday, Nov 16th 10:46AM
187,432,467	A distinct urgency to bowel movements. Sometimes bleeding.	Thursday, Nov 16th 10:48AM
187,432,442	cramping and bloody stool	Thursday, Nov 16th 10:47AM
187,432,428	Loose stools, tired, fissure pain, anxiety, sadness	Thursday, Nov 16th 10:47AM
187,432,418	Headache, severe stomach cramps, plugged up nose and massive diarrhea. Depression weakness and I just want to go to bed and pull the covers over my head.	Thursday, Nov 16th 10:45AM
187,432,388	Feel it in my gut more tired than usual	Thursday, Nov 16th 10:48AM
187,432,383	Physical Symptoms: Bloody, loose stools Increased urgency Cramping Emotional Symptoms: Fear Worry Anxiety	Thursday, Nov 16th 10:44AM

	anxiety	
187,432,377	Bloody diarrhoea Red eyes Feeling unwell	Thursday, Nov 16th 10:47AM
187,432,360	Start having blood in stool, more frequent, and diarrhea.	Thursday, Nov 16th 10:45AM
187,432,351	Blood, mucus and abdominal pain.	Thursday, Nov 16th 10:47AM
187,432,331	Increased frequency and urgency	Thursday, Nov 16th 10:47AM
187,432,297	Pain/blood in stool, depression. A general low feeling mentally and physically.	Thursday, Nov 16th 10:38AM
187,432,280	Mouth ulcers initially then stomach cramps	Thursday, Nov 16th 10:43AM
187,432,247	Tenesmus happens, infections, increased bowl movements	Thursday, Nov 16th 10:44AM
187,432,208	Abdominal pain and extreme exhaustion	Thursday, Nov 16th 10:42AM
187,432,204	I will start noticing blood when I use the bathroom and cramping.	Thursday, Nov 16th 10:42AM
187,432,190	I get rectal symptoms and diarrhea first. I find I am super anxious and panicky, and it becomes a cyclical process that feeds itself	Thursday, Nov 16th 10:44AM
187,432,135	tired	Thursday, Nov 16th 10:45AM
187,432,121	I know I'm starting to flare because i start seeing blood in my stools along with a change in how stools appear.	Thursday, Nov 16th 10:43AM
187,432,065	tired, absolutely no energy and too many visits to the loo. I also get sore ribs and cannot sit comfortably as think colon so enraged it swells up and struggles in the body space.	Thursday, Nov 16th 10:38AM
187,432,051	Bleeding and a lot of gas	Thursday, Nov 16th 10:43AM
187,432,029	I feel cold more often, as I run a fever...that's usually one of the first signs, along with fatigue and feeling "run down". I'll also have increased bowel sounds, cramps, and mucus. Mucus is a huge flare indicator, as sometimes I feel like I have to go to the bathroom, and my body says "just kidding-- just mucus." My mind gets foggy, like I have a hard time remembering things, and feel a bit sluggish and slow overall.	Thursday, Nov 16th 10:37AM
187,432,018	Pressure in abdomen, exhausted, frequently and urgency increase.	Thursday, Nov 16th 10:40AM
187,432,015	Stomach ache, super loose stools, then with blood in stools.	Thursday, Nov 16th 10:42AM
187,432,008	Urgency and frequency of bm	Thursday, Nov 16th 10:43AM
187,431,985	Cramping	Thursday, Nov 16th 10:42AM
187,431,966	I see mucus, my lower tummy gets sore, I feel nausea in the morning	Thursday, Nov 16th 10:38AM
187,431,954		Thursday, Nov 16th 10:41AM

	I get pain in my arms and legs, often associated with a headache. My stomach begins to growl a lot and the diarrhea	
187,431,950	Diarrhea, abdominal pain, fever, lethargy, body aches	Thursday, Nov 16th 10:37AM
187,431,942	Spasms to the extreme and blood in stool	Thursday, Nov 16th 10:36AM
187,431,940	blood, mucus, multiple trips to the bathroom	Thursday, Nov 16th 10:42AM
187,431,938	I start producing mucous and having stomach cramps	Thursday, Nov 16th 10:42AM
187,431,935	Uncontrollable diarrhea. Cramping pain. Mucus in stools.	Thursday, Nov 16th 10:38AM
187,431,919	I become very fatigued, cranky, experience more flatulence, diarrhea starts or increases, lots of bowel sounds, joint pain	Thursday, Nov 16th 10:37AM
187,431,872	Bleeding and cramping	Thursday, Nov 16th 10:40AM
187,431,869	Stay at home, or plan to go out at certain times	Thursday, Nov 16th 10:40AM
187,431,851	blood in stool	Thursday, Nov 16th 10:40AM
187,431,816	Blood stools	Thursday, Nov 16th 10:38AM
187,431,813	Foggy brain, no energy	Thursday, Nov 16th 10:40AM
187,431,783	My main thing is urgency and blood in poo	Thursday, Nov 16th 10:38AM
187,431,781	Tired Cramps Bloating Retain water Blood in stool	Thursday, Nov 16th 10:37AM
187,431,768	Everything hurts, change in bowel movements can happen hourly, pain and more pain.	Thursday, Nov 16th 10:38AM
187,431,751	Rectal bleeding	Thursday, Nov 16th 10:39AM
187,431,502	Messed up	Thursday, Nov 16th 10:36AM
187,429,178	Bleeding in stool.	Thursday, Nov 16th 9:39AM
187,428,726	Pooing many times per hour & stomach ach	Thursday, Nov 16th 9:58AM
187,424,794	Frequency. URGENCY Unable to hold on till reaching bathroom.	Thursday, Nov 16th 9:13AM
187,424,659	rapid increase in bowel movements, gassy, painful BM's, urgency and spasms.	Thursday, Nov 16th 9:12AM
187,424,095	Blood, frequency, pain	Thursday, Nov 16th 9:04AM

187,423,813	Body: stomach pains and cramps, rectal pains, diarrhea for days increasing in frequency. Increased fatigue and a hard-to-explain feeling overall. Also, I panick and worry about the flare (becoming disabled, bedridden, going to hospital, not being able to care for my family, missing work) which makes everything worse. That's the PTSD.	Thursday, Nov 16th 8:54AM
187,423,395	First I'd become very bloated, then pain from cramping; it starts slowly but then escalates extremely quickly into the severe flare symptoms within days	Thursday, Nov 16th 8:45AM
187,423,194	Blood in the stool	Thursday, Nov 16th 8:48AM
187,421,914	Mucus, blood, cramping, exhaustion, depression	Thursday, Nov 16th 8:16AM
187,421,907	Joint pain, increased bowel movements, bowel urgency	Thursday, Nov 16th 8:20AM
187,421,531	Bloody mucus-covered diarrhea up to 10 times a day	Thursday, Nov 16th 8:11AM
187,421,405	Abdominal pain, fatigue, fever and after a couple of days blood	Thursday, Nov 16th 8:08AM
187,420,251	Diarrhea pain lethargic	Thursday, Nov 16th 7:45AM
187,419,847	Frequent BMs (20+ a day), bleeding, loose stools, fecal incontinence, anxiety, loss of appetite	Thursday, Nov 16th 7:36AM
187,418,614	Cramps and bloody Diarrhea	Thursday, Nov 16th 7:03AM
187,418,425	Bleeding, pains in stomach, urgency to use bathroom. Cant sleep through the night because of having to get up and go.	Thursday, Nov 16th 7:04AM
187,418,326	10-20 bathroom trips a day, pain, nausea, fatigue, bloody stool	Thursday, Nov 16th 7:04AM
187,418,100	Blood in stool, frequent bathroom visits, lower back pain, cramps, etc.	Thursday, Nov 16th 6:58AM
187,417,883	Stress or anxiety	Thursday, Nov 16th 6:53AM
187,414,211	I go to the bathroom all the time and my stomach is unsettled.	Thursday, Nov 16th 5:36AM
187,412,800	It takes me a while to realize it. I think I am in denial for a while. But then the bleeding starts.	Thursday, Nov 16th 5:13AM
187,412,593	Increased noise, gas, urgency. That's all.	Thursday, Nov 16th 5:11AM
187,412,524	Diarrhea & blood in stool. Stomach hurts, tired.	Thursday, Nov 16th 5:08AM
187,410,876	Colon noises and alot of going to the toilet and lastly blood stools	Thursday, Nov 16th 4:31AM
187,410,559	More urgent bowel movements, sweats, fatigue, pain, depression	Thursday, Nov 16th 4:24AM
187,409,817	*Hot flashes *Weakness/fatigue/need for ridiculous amounts of sleep *cramping *diarrhea *blood/mucous *rectal/tailbone pain *lower back pain	Thursday, Nov 16th 4:03AM
187,409,647	Stomach cramps	Thursday, Nov 16th 3:55AM

187,407,648	Fatigue, bleeding, joint pain/swelling, mucous, frequent small/loose bowel movements	Thursday, Nov 16th 2:32AM
187,407,041	Feel fine, but faecal calprotectin gets very high.	Thursday, Nov 16th 2:04AM
187,406,941	It generally starts with me noticing my stools are becoming more narrow, then a sense of urgency when going to bathroom, then I notice mucus, then blood, then more and more frequent and painful bowel movements. I start to	Thursday, Nov 16th 1:39AM
187,406,796	Blood in stools	Thursday, Nov 16th 1:53AM
187,406,753	I feel drained. It hurts to eat, and everything hurts like a bad day during your period. I almost feel like Im on my period.	Thursday, Nov 16th 1:49AM
187,406,742	My stool is the first sign. We all know what that looks like. Constant going to the bathroom, stomach cramps, I start losing weight very quickly, I get weak and very tired. Mentally? I get unemotional because I'm focusing on my physical health but the fear that I won't get back to normal always comes back.	Thursday, Nov 16th 1:47AM
187,406,716	More bloating than normal. More gas than normal, cramps oh dear god the cramps. Feeling tired and sore all the time. Depression starts to set in. Just want to curl up in a ball and not move.	Thursday, Nov 16th 1:41AM
187,406,553	Bloating ,pain, increased Bowel motions, blood in faeces	Thursday, Nov 16th 1:42AM
187,406,549	Loose energy , feel down , mouth ulcers ,stomach cramps	Thursday, Nov 16th 1:39AM
187,406,516	Bloody loose stool. This compounds mental stress.	Thursday, Nov 16th 1:41AM
187,406,478	Quick fatigue, very watery diarrhea, excessive bathroom runs with painful, bloody movements.	Thursday, Nov 16th 1:35AM
187,406,392	High urgency. bleeding. liquid stool. Pain.	Thursday, Nov 16th 1:34AM