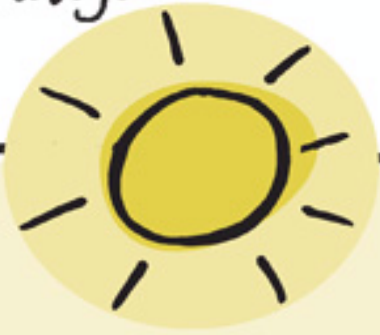


GOOD DAYS AND BAD DAYS

good days



Waking up after a good nights sleep without any pain. Only going to the toilet once in the morning with normal functions. Having a good day at work without colitis affecting my day. Not having to take any tramadol (painkillers) as they make me feel pain free but very yucky. Being able to eat WHAT I LIKE not WHAT I NEED to eat. Being able to have a glass of wine with family/friends. Go for a run

bad days



Having a bad nights sleep and waking up in pain. Being house/toilet bound all day. Not being able to eat soild food. Not having enough energy to go for a run. Not being able to go to work. Having to take tramadol all day. Feeling alone and isolated.

Write in my one page profile how my housemates can best support me. Call my consultant & report the change if I've had 7 bad days in a row.

next steps...