

Jess · Idiopathic gastroparesis

Last 3 months · 28 May – 28 Aug 2026

Symptoms across this period

Symptom	Days present	Avg severity (1–5) / count	vs before
Nausea	76	2.4	more often
Full after meals	18	2.0	more often
Vomiting	8	32 episodes	more often
Bloating	4	3.0	more often
Retching	4	3.0	more often

Severity 1–5: 1 very mild · 2 mild · 3 moderate · 4 severe · 5 very severe. Vomiting is recorded as an episode count.

When symptoms followed eating

102 of 110 symptoms logged came after a meal, within the 3 h tracking window.

Most often 1 – 2 hours after eating · typical gap 1 h 20 min.

Under 30 min	8	8%
30 min – 1 hour	18	18%
1 – 2 hours	72	71%
2 – 4 hours	4	4%
Over 4 hours	0	0%

Time of day, all symptoms: morning 88 · afternoon 22

Each symptom counted once, against the meal it was linked to or the most recent meal before it. Gaps over 4 hours are ones the patient linked to a meal themselves.

Bowel movements

Bowel entries from 30 May to 26 Aug (52 of the 93 days in this report)

26 days with a movement · 26 marked nothing · 39 days with no entry

Movements per week, 30 May–26 Aug: 2.0

Longest stretch marked nothing: 1 day (from 1 Jun)

Longest stretch with no entry: 13 days (unrecorded – not a gap)

Stool type, of 26 movements that recorded one:

Types 1–2 (hard)	26
Types 3–5 (formed)	0
Types 6–7 (loose)	0

Weight & flares

Weight (kg)

Down 1.2 kg across this period.



2 flares · 8 days in a flare.

Medications & supplements

- **Domperidone** 10 mg · 08:00, 13:00, 19:00
183 doses marked taken in this period
- **Ondansetron** 4 mg
8 doses marked taken in this period
- **Vitamin D** 1000 IU · 08:00
59 doses marked taken in this period

To ask about

- ☐ Domperidone – still okay long-term?
- ☐ Weight has drifted down a little – worth worrying about?
- ☐ Would a dietitian referral help?

Meals & fluids

About 3.4 meals a day · 1514 ml of fluid a day on average

Texture mix, first half vs second half of the period

	First half	Second half
Liquid	20%	17%
Purée	11%	11%
Soft	54%	57%
Solid	14%	15%

What you ate, and what followed it

Food	Meals	Usually ate	Followed by a symptom	Avg severity	Which symptoms
Chicken	105		18 of 105	2.0	Full after meals
Banana	99		64 of 99	2.1	Nausea
White rice	70		18 of 70	2.0	Full after meals
Oats	64		64 of 64	2.1	Nausea
Crackers	47		0 of 47		
Smoothie	43		4 of 43	3.0	Retching
Mashed potato	35		0 of 35		
Yoghurt	35		0 of 35		
Bone broth	16		8 of 16	4.0	Nausea
Eggs	6		4 of 6	3.0	Bloating, Nausea
Toast	6		4 of 6	3.0	Bloating, Nausea

Counted from the meals logged in this period. How much of each meal was eaten was not recorded. A symptom counts as following when it falls inside the tracking window after the meal; severity is the average of those symptoms, 1 to 5. Foods with fewer than three meals show no pattern. A pattern to look at together, not a verdict.