

Appendix 1: The IBD index (IBDex©)

Please write the appropriate answer regarding the patient's condition in the last three days.

	Items	Responses
1.	Stool frequency	In the last 3 days, on average how many times did the patient open his/her bowels every day?
2.	Stool consistency	0. Formed 1. Semi-formed 2. Mixed liquid and solid (a mushy stool) 3. Entirely liquid
3.	Well being or energy level in the last 3 days	0. Well 1. Slightly Poorly 2. Very poorly 3. Extremely poorly/bed bound
4.	Performance status	0. No restriction of daily activities 1. Some restriction 2. Moderate restriction 3. Severe restriction
5.	Blood in the stool	0. Absent 1. Trace/small amount of blood 2. Occasional frank bleeding 3. Always frank bleeding
6.	Nocturnal diarrhoea	In the last 3 days, on average how many times did the patient have to wake up to go to the toilet per night?
7.	Abdominal pain or discomfort on a score of 0 to 10 On average for the last 3 days.	Pain score represent the points
8.	Urgency of defecation	0. None 1. Present, but patient can wait to get to toilet. 2. Present, patient needs to stop what he/she is doing and rush to toilet 3. Patient can't wait (had few incontinence accidents)
9.	Unintentional Weight loss in the last month	0. No weight loss 1. Weight loss
10.	Abdominal mass	0. None or not applicable 1. Doubtful/unsure 2. Definitely present
11.	Abdominal tenderness	0. None 1. Mild 2. Marked/moderate 3. Rebound/severe
12.	Pulse	0. Normal 1. Tachycardia
13.	Temperature	0. Normal 1. Pyrexia
14.	The presence of extra-intestinal manifestations on examination.	1 point for each: Arthralgia, arthritis, Uveitis, Erythema nodosum, Pyoderma gangrenosum, Aphthus ulcer, new perianal complication (fissure, fistula, abscess, anal stenosis, perianal ulcer)