Appendix 3.

**Visual analogue scale (VAS)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **VAS** | | | | | | | | | | | | | | | | | | | | |
| **postprandial** | 0 | 5 | 10 | 15 | **25** | 30 | 35 | 40 | 45 | **50** | 55 | 60 | 65 | 70 | **75** | 80 | 85 | 90 | 95 | **100** |
| **bloating** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **nausea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **pain** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | |
| **10mins** | 0 | 5 | 10 | 15 | **25** | 30 | 35 | 40 | 45 | **50** | 55 | 60 | 65 | 70 | **75** | 80 | 85 | 90 | 95 | **100** |
| **bloating** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **nausea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **pain** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | |
| **20mins** | 0 | 5 | 10 | 15 | **25** | 30 | 35 | 40 | 45 | **50** | 55 | 60 | 65 | 70 | **75** | 80 | 85 | 90 | 95 | **100** |
| **bloating** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **nausea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **pain** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | |
| **30mins** | 0 | 5 | 10 | 15 | **25** | 30 | 35 | 40 | 45 | **50** | 55 | 60 | 65 | 70 | **75** | 80 | 85 | 90 | 95 | **100** |
| **bloating** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **nausea** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **pain** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **25：mild 50： little serious 75：serious 100：very serious** | | | | | | | | | | | | | | | | | | | | |