

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Celiac disease

#### Symptoms I am experiencing:

*Circle all that apply*

- Unexplained anemia (iron-deficiency)
- Fatigue
- Abdominal pain
- Nausea
- Digestive upset
- Gas
- Bloating
- Diarrhea
- Joint pain/arthritis
- Depression
- Anxiety
- Irritability
- Migraines
- Seizures
- Peripheral neuropathy (tingling, numbness of pain in hands and/or feet)
- Irregular or missed menstrual periods
- Infertility
- Miscarriage
- Canker sores
- Itchy skin
- Rash
- Osteoporosis or osteopenia (bone loss)
- Liver and biliary tract disorders
- Weight loss/gain
- Hair loss

## **Frequency Of Symptoms**

*Write symptom + frequency you experience it*

## **I have treated/managed symptoms**

*Explain any medications you have used, lifestyle treatments, natural remedies*

## **Family History**

*List any family members/relatives who have digestive disorders*

## **Other Medications I Am Currently Taken Not Related To Gut Problems**

*List them here*

## **Questions I Have For The Doctor:**

Question, Notes

- What are your initial thoughts regarding my symptoms?
- How concerned should I be regarding my symptoms?
- How bad is my intestinal damage?

- Should I be tested for nutritional deficiencies?
- Should I be scanned for osteoporosis or osteopenia?
- Should I be taking nutrient supplements?
- Is there any other foods I shouldn't be eating, besides gluten?
- What changes should I make in my diet?
- Should my family be tested for celiac disease too?
- Should I be tested for other allergies?

### **Possible Diagnostic Tests**

- Blood tests
- Screening (tTG-IgA test)
- Intestinal (duodenal) biopsy
- IgA Endomysial antibody (EMA)
- Total serum IgA
- Deaminated gliadin peptide (DGP IgA and IgG)

