

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Gut/Digestive problems

Symptoms I am experiencing:

Circle all that apply

- Acid Reflux
- Heartburn
- Indigestion
- Nausea
- Vomiting
- Abdominal pain
- Stomach cramps
- Belching
- Bloating
- Irritable Bowel Syndrome (IBS)
- Diarrhea
- Gas
- Constipation
- Other gastrointestinal abnormalities
- Allergic reactions
- Wheezing

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?
- What conditions might cause the symptoms I have?
- What test might you recommend I take in response to my symptoms?
- How concerned should I be regarding my symptoms?
- Are there other symptoms that I haven't mentioned to you that might help you make a diagnosis?
- Is there any food I shouldn't be eating?
- Should I change my diet?
- How long should I expect these symptoms to last?
- What are some ways I can reduce my symptoms?

Possible Diagnostic Tests

- Blood tests
- Helicobacter pylori (H. pylori) test
- Computed tomography (CT) scans
- Magnetic resonance imaging (MRI)
- Endoscopy