

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Inflammatory Bowel Disease (IBD)

Symptoms I am experiencing:

Circle all that apply

- Persistent diarrhea
- Constipation
- Urgent need to go to the bathroom
- Abdominal pain
- Unexplained Weight Loss
- Small appetite
- Chronic fatigue
- Mouth sores between gums and lower lip, or bottom of tongue
- Anal tears, ulcers, infections or narrowing
- Rectal bleeding
- Anemia
- Red, painful, itchy eyes
- Sores in the mouth
- Swollen, painful joints
- Ulcerations, sores or rashes on the skin
- Osteoporosis
- Kidney stones
- Liver problems

Frequency Of Symptoms

Write symptom + frequency you experience it

Blank area for writing symptom frequency.

I have treated/managed symptoms by the following:

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

Blank area for writing treatments used.

Other Medications I Am Currently Taken Not Related To IBD:

It is important to list everything including natural supplements

Family History:

List any family members/relatives who have had inflammatory bowel disease or other digestive/inflammatory disorders

Questions I Have For The Doctor:

Question, Notes

What is inflammatory bowel disease (IBD) and how is it diagnosed?

Do you think my symptoms are being caused by ulcerative colitis or Crohn's disease?

What specific area(s) of my intestine is (are) inflamed?

Could any condition other than IBD be causing my symptoms?

What tests do you want to run to confirm my diagnosis?

How is IBD different from irritable bowel syndrome (IBS)? Can I have both?

How is IBD treated?

What treatment is right for me? How soon should I expect relief?

What are the potential side effects of the medicines? What should I do if I notice any side effects? Do I need to take my medicines even if I feel well?

Do you suggest making any changes to my diet or lifestyle?

What vitamins/supplements might help?

Are there any natural remedies you've found are effective in cases like mine?

What are symptoms of IBD flares?

What are the possible complications of Crohn's disease and ulcerative colitis?

Will I need an operation, and if so will it cure my IBD?

Am I at increased risk for colon cancer/other severe medical conditions? How can I prevent these from happening?

Will IBD affect my fertility/ability to get pregnant?

Are my children more at risk for developing IBD if I have it?

When should I come back for a visit? What symptoms need immediate medical attention?

What resources do you recommend so I can become more knowledgeable about my disease?

