

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Leaky Gut

Symptoms I Am Experiencing:

Circle all that apply

- Chronic diarrhea/constipation
- Frequent gas and bloating
- Weak immune system (often sick)
- Headaches
- Brain fog
- Memory loss
- Unexplained fatigue
- Skin problems (rashes, acne, eczema, rosacea)
- Frequent cravings for sugar or carbs
- Joint pain
- Depression
- Anxiety
- Poor focus/ADD
- Autoimmune disease
- Food sensitivities/allergies
- Inflammatory Bowel Disease
- Thyroid problems
- Nutrient malabsorption/nutrient deficiencies
- Autism spectrum

Frequency Of Symptoms

Write symptom + frequency you experience it

I Have Treated/Managed By Symptoms By The Following:

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

Family History

List any family members/relatives who have or have had leaky gut, IBS, IBD or another digestive disorder

Other Medications I Am Currently Taken Not Related To Inflammation

List them here

Questions I Have For The Doctor:

Question, Notes

Do you think my symptoms are being caused by leaky gut?

Could there be an underlying condition other than leaky gut, such as IBS or IBD?

What do we need to do to confirm my diagnosis?

Could it be gluten intolerance? How can I tell the difference?

What dietary changes do you recommend I try?

Are there any effective natural remedies for my symptoms?

Are there any medications you recommend? What are their side effects?

Are there any supplements you think could be helpful?

What is the most effective long-term solution?

Do you think there is something in my diet/lifestyle that is aggravating my symptoms?

What resources do you recommend so I can become more educated about leaky gut?

Do you think complete healing/recovery is possible in my case?

How soon should I come back for a follow-up appointment?

