

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Small Intestinal Bacterial Overgrowth (SIBO)

Symptoms I am experiencing:

Circle all that apply

- Nausea
- Bloating
- Vomiting
- Diarrhea
- Malnutrition
- Abdominal pain
- Cramps
- Weight loss
- Weight gain
- Joint pain
- Fatigue
- Rashes

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms by the following:

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

Family History:

List any family members/relatives who have SIBO or other digestive disorders

Other Medications I Am Currently Taken Not Related To SIBO:

List them here

Questions I Have For The Doctor:

Question, Notes

Do you think by symptoms are related to SIBO or something else?

Where and how can I get tested to be sure?

Is it true that eating healthy foods, such as fruits and vegetables, will aggravate my SIBO symptoms?

What other foods could be causing my symptoms?

How did I get SIBO in the first place?

Are there different types of testing for SIBO? What about stool testing?

What is the difference between SIBO and Candida?

What do you recommend for treatment?

Should I use natural or conventional antibiotics?

Are there any risks to treatment?

How long will it take to cure my SIBO?

Do you recommend a FODMAP diet?

What probiotic supplements should I take, if any?

I've heard some probiotics may aggravate my symptoms?

Are there any other lifestyle changes you recommend?

Possible Diagnostic Tests

Tests doctor may want to run

SIBO can be diagnosed with the help of a breath test. There is two type of breath tests: Lactulose and Glucose Breath Test. Since humans can't digest lactulose, only bacteria can, the lactulose breath test can check for the possibility of overgrowth based on hydrogen and methane levels reflected in the results. Glucose, on the other hand, can be absorbed by both humans and bacteria. This happens within the first three feet of the small intestine. While the glucose test is somewhat more accurate, it can only test for the first 17 feet of the small intestine. The lactulose test is less accurate but can check up to the distal end of the small intestine. Since both tests have advantages and disadvantages, most doctors use both tests for proper diagnosis.

Tests can be taken using a home kit or at a lab.

