

6. Do you change or cancel plans, or avoid making plans altogether, because of your symptoms?

- Yes, often Yes, occasionally No

7. Over the past 6 months, what best describes your disease?

- Constantly active (symptoms every day)
 Often active (symptoms most days)
 Sometimes active (symptoms on some days – like 1 to 2 days per week)
 Occasionally active (symptoms 1 to 2 days per month)
 Rarely active (symptoms on a few days in the past 6 months)
 Not active (remission or absence of symptoms)

8. How does your inflammatory bowel disease (IBD) make you feel? (Select all that apply)

- Sad Stressed Anxious Afraid Frustrated No different than normal

9. Which prescription treatments have you tried for your IBD? (Select all that apply)

- Aminosalicylates (5-ASAs) Immune modifiers (immunomodulators)
 Biologics Targeted oral small molecules
 Corticosteroids (steroids) I haven't tried any prescription treatments

10. Has your gastroenterologist talked to you about treatment goals? (Select all that apply)

- Symptom relief Visible improvement of intestinal lining Long-term remission

11. Which statement best describes your overall feelings about your treatment plan?

- No concerns right now, my treatment plan is fine
 I'm interested in other available treatment plans
 I'm experiencing symptoms and willing to do whatever it takes to feel better
 I'm not currently on a treatment plan

Take your notes in this section.

Use this page to write down any important notes about your appointment so you don't forget.

DOCTOR'S INFORMATION:

Name: _____

Address: _____

Top questions or topics to discuss during the appointment:

- 1. _____
- 2. _____
- 3. _____

What are the next steps discussed with your gastroenterologist?

Bring this guide with your answers to your next gastroenterologist appointment.

Sharing it will help your doctor understand how your disease is affecting you and help you and your doctor find a treatment plan that's right for you.

Reminder:

Don't forget to also bring to your next appointment important documents like ID, insurance cards, current medications, and list of vaccines.