

Gastroenterologist Discussion Guide



It's important to have an open and honest conversation with your gastroenterologist so you can learn more about your Crohn's disease or ulcerative colitis (UC) and talk about a treatment plan that's right for you.

Use this guide at your next appointment to help get the conversation started.

Let's start with what your symptoms are like.

1.	lave your symptoms increased or worsened since your last doctor visit?							
	 Yes No This is my first appointment with a gastroenterologist 							
2.	In the past month, have you experienced liquid or very soft stools? Yes, frequently Yes, sometimes No							
	If you answered "Yes", how many liquid or very soft stools do you have on the days you have them? 1 to 2 3 to 4 5 to 6 6 or more							
3.	3. In the past month, have you experienced abdominal pain?Yes, frequentlyYes, sometimesNo							
	If you answered "Yes", on a scale of 1 to 10, how severe was your abdominal pain							
	Not Severe 1 2 3 4 5 6 7 8 9 10							
4.	Have you recently lost or gained weight compared to what is normal for you? Yes, I've lost weight — lbs Yes, I've gained weight + lbs I haven't experienced a change in weight							
5.	Have you experienced fevers recently? Yes No							

6.	Do you change or cancel plans, or avoid making plans altogether, because of your symptoms?					
	Yes, oftenYes, occasionallyNo					
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 ☐ Long-term remission of intestinal lining					
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.

DOCTOR'S INFORMATION:

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

Name:					
Address:					
Top questions of	or topics to disc	cuss during	the appoint	ment:	
1.					
2.					
5.					
What are the no	ext steps discu	issed with y	our gastroer	nterologist?	

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.

