Get the most from your doctor’s visit with the help of our **Doctor Discussion Guide**.

**Step 1** Fill out this Doctor Discussion Guide and take this printout with you to your next gastroenterologist appointment.

**Step 2** Use this guide to help you discuss your Crohn’s symptoms with your doctor.

**Step 3** Ask your doctor any questions you may have about your current treatment—and if other treatment options could be right for you.

---

**Make sure to tell your doctor the following** *(check or fill in your answers):*

- **On average, how many soft or loose bowel movements did you have per day in the past week?**
  - [ ] less than 4
  - [ ] 4-6
  - [ ] more than 6

  **NOTES**

- **Are you experiencing abdominal pain or cramps? If so, how severely?**
  - [ ] yes
  - [ ] no

  **NOTES**

- **Do you experience blood in your stool?**
  - [ ] yes
  - [ ] no

  **NOTES**

- **How many “accidents” or “near accidents” have you had in the past month?**
  - [ ] less than 4
  - [ ] 4-6
  - [ ] more than 6

  **NOTES**

- **Do your Crohn’s symptoms wake you up at night?**
  - [ ] yes
  - [ ] no

  **NOTES**

- **Do you take special steps to accommodate your Crohn’s symptoms?** *(check all that apply)*
  - [ ] excuse yourself often to use the bathroom
  - [ ] always sit by the exit, just in case
  - [ ] skip meals or avoid certain foods to prevent having to use the bathroom often
  - [ ] map out the nearest bathrooms

  **NOTES**

---

**Questions you can ask your doctor** *(check or fill in your answers):*

- How does the severity of my disease determine what kind of treatment I can use?
- How do I know if I am responding well to my current treatment?
- Can you tell me about other treatment options? What are the risks and benefits?
- Is there a special diet I should follow?

**Additional questions you want to ask your doctor:**