



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

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- **Do you experience blood in your stool?**

☐ yes ☐ no

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- **How many “accidents” or “near accidents” have you had in the past month?**

☐ less than 4 ☐ 4-6 ☐ more than 6

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- **Do your Crohn's symptoms wake you up at night?**

☐ yes ☐ no

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- **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:
