

# Doctor Discussion Guide



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

- 1 Print and fill out this Doctor Discussion Guide and take it with you to your next gastroenterologist appointment.
- 2 Use this guide to help you discuss your ulcerative colitis symptoms with your doctor.
- 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 last week?

- Less than 4       4-6       More than 6

NOTES \_\_\_\_\_

Are you experiencing cramps and/or abdominal pain? 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 ulcerative colitis symptoms wake you up at night?

- Yes       No

NOTES \_\_\_\_\_

Do you take special steps to accommodate your ulcerative colitis symptoms? (check all that apply)

- Excuse yourself often to use the bathroom       Skip meals or avoid certain foods to prevent having to use the bathroom often
- Always sit by the exit, just in case       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:

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