

# Doctor Discussion Guide

Date \_\_\_\_\_

This guide can help you talk with your doctor about your GI symptoms—and remember everything you want to say. Please don't be shy about sharing details. The more you tell your doctor, the more he or she can help you.

## Key questions to ask:

- Could something I'm eating cause my symptoms?
- Could medications or supplements be part of it?
- What could I do to improve my symptoms?
- Is it possible I have a GI condition?
- Could it be EPI (exocrine pancreatic insufficiency)?
- What are my treatment options?

## Discuss the symptoms below with your doctor.

In the past 2 weeks, I've had:	Almost Always	Often	Occasionally	Never
1. Bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Stomach pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Excessive gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Greasy stools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Loose stools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Frequent diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Any of these symptoms after eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## What else is happening?

In the past 2 weeks, I've...	Almost Always	Often	Occasionally	Never
8. Woken up at night to rush to the bathroom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Had to use the toilet for a long time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Eaten greasy or high-fat foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Skipped meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Had a poor appetite because of GI problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the past 2 weeks:	More often than I'd like	As often as I'd like	Less often than I'd like
13. My bowel movements have occurred...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Print this guide and bring it with you to your doctor.

The **Doctor Discussion Guide** is intended for informational purposes only and should not be used as a substitute for advice provided by your doctor or other healthcare professionals. Please do not use the **Doctor Discussion Guide** for diagnosing a health problem or disease. You should always consult your doctor or other healthcare professionals.