

Talking with your doctor



Before your visit it is useful to jot down some notes beforehand. Here are some ideas:

What do you hope to gain from the visit?

Do you have new symptoms? Do you want to talk about your medications? Side effects of drugs? Other treatments? Natural remedies? Do you or your partner want to talk about pregnancy/fertility? Prescription refills?

Your current state of health

Your doctor will need to know whether there have been any changes since your last appointment.

Are your symptoms worse? Are you having trouble sleeping? Are you doing well? Have there been any life changes? New job? New diet? More stress in your life?

Medications

Make a list with the dosages of all the medications you are currently taking

(including over-the-counter meds and natural remedies).

Your current symptoms (most doctors will ask these questions)

How many bowel motions are you having per day? Diarrhoea? Constipation? Do you have bleeding? Pain? Weight loss? How is your appetite?

Other useful questions:

When will my next appointment be?

How often should I get laboratory tests, X-rays, or procedures (like a colonoscopy)?

What should I do if I flare up between now and my next appointment? Should I contact my IBD specialist, my GP or an IBD nurse?