



To start, keep a diary of your bowel activity. This might help you to stay focused and strong. Record details of your symptoms to share with your healthcare provider at your next appointment:

- How often do you experience constipation?

- Do you experience belly pain?

- How long have you experienced symptoms?

- How severe are the symptoms? Do they disrupt your day?

- Does anything seem to trigger symptoms?
For example: A type of food or stress?

- If you notice changes in the consistency or form of your stool, write down the details.

Also, include any information that may help your healthcare provider learn more about your body and your health, such as:

- A list of all the medications you take, including prescription and non-prescription medicines (and your satisfaction level with each of these medications).

- Any big changes that have happened since your last visit:
new health conditions, changes to your diet or exercise routine, or causes of stress.

- And discuss whether you felt they were effective and any remedies or medications that you've tried in the past. Examples: prescription or non-prescription medications, adding more fiber to your diet, drinking more water, exercising, etc.

List any questions for your healthcare provider to make sure you cover your most pressing concerns.

Learn as much as you can about your condition so that you can take control of the conversation with your healthcare provider.



The information on this site is not intended to diagnose medical conditions or take the place of talking to a qualified healthcare provider about medical conditions or treatment options.

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