



To begin, list your symptoms with details to prepare for your appointment.

- How often do you experience diarrhea?

- How severe are the symptoms?

- Are the symptoms you're experiencing impacting or disrupting your daily life? If yes, how so?

- Have you tried diet and exercise to help relieve your symptoms?

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

- Do you experience abdominal pain more than 3 days/month?

- Do your symptoms keep coming back?

Also list other important details before your appointment:

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

- Big changes that have happened since your last visit, such as health conditions, changes to your diet or exercise routine, or causes of stress.

- Any other things you've tried that have not worked? This includes prescription or non-prescription medications, changes to your eating habits (ie, avoiding trigger foods) meditation, herbal remedies, exercise routines, etc. To begin, list your symptoms with details to prepare for your appointment.

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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.

