

My Next IBD Appointment Guide

IBD appointments can go quickly, and it can be hard to remember everything you wanted to discuss. Spend a few minutes completing this page before your visit and **bring it with you**.

You don't have to discuss everything. Start with what matters most to you.

1 My Top 3 Concerns



1. _____
2. _____
3. _____

2 What Has Changed?



Since my last appointment, I've noticed changes in:

- | | |
|---|--|
| ☐ Bowel frequency | ☐ Fatigue |
| ☐ Diarrhea | ☐ Appetite |
| ☐ Urgency | ☐ Weight |
| ☐ Accidents/leakage | ☐ Sleep/nighttime symptoms |
| ☐ Blood in my stool | ☐ Joint, skin or other symptoms |
| ☐ Abdominal pain or cramping | ☐ My emotional well-being |
| ☐ Bloating | ☐ Something else: _____ |

The biggest change I've noticed is:

3 How Is IBD Affecting My Life?



Symptoms aren't the only thing that matters. Tell your healthcare team how IBD is affecting your everyday life.

Since my last visit, IBD has affected:

- | | |
|--|---|
| ☐ Work or school | ☐ Sex or intimacy |
| ☐ Exercise or physical activity | ☐ Relationships |
| ☐ Sleep | ☐ My willingness to leave home |
| ☐ Travel | ☐ My emotional health |
| ☐ Eating | ☐ My ability to reach a bathroom in time |
| ☐ Social activities | ☐ Other: _____ |

Something I wish were easier right now:

4 My Treatment



My current medication(s)/treatment(s):

I have questions or concerns about:

- ☐ Whether my treatment is working
- ☐ Side effects
- ☐ Taking my medication as directed
- ☐ Cost or insurance coverage
- ☐ How long I'll need this treatment
- ☐ Changing treatments
- ☐ Other: _____

5 Questions I Want to Ask



Choose the questions that are most useful to you, and add your own.

- ☐ What is the goal of my current treatment?
- ☐ How will we know if it's working?
- ☐ When should I expect to notice a difference?
- ☐ What are we monitoring besides my symptoms?
- ☐ Are my recent symptoms or changes something I should be concerned about?
- ☐ What changes should I report between appointments?
- ☐ What should I do if my symptoms suddenly get worse?
- ☐ What happens if this treatment isn't working well enough?
- ☐ When do you want to see me again?
- ☐ My question: _____
- ☐ My question: _____

6 Before I Leave



Before the appointment ends, I understand:

- ☐ What my treatment plan is now
- ☐ Whether anything about my treatment is changing
- ☐ What tests or monitoring I need
- ☐ What symptoms or changes I should report
- ☐ Who to contact if I have a question or problem
- ☐ What I need to do next
- ☐ When my next appointment should be

My next step is:



One More Thing

Urgency, accidents, diarrhea, pain, fatigue, trouble with intimacy, fear of leaving home, bathroom anxiety and emotional exhaustion can be difficult to talk about — but they're important parts of living with IBD. If something is affecting your quality of life, it belongs in the conversation.