



HOW TO PREPARE FOR A VISIT

This is a general list of information that the GI doctor or nurse will ask of you at your clinic visits. It might be helpful to have this information ready prior to the visit.

Bring with you to every visit

- ✚ Current insurance card
- ✚ Current address and phone numbers
- ✚ List of current medications and dosages (or bring medications in prescription bottles to appointment)
- ✚ Any logs that you keep such as those provided in this binder

Common Questions

General

- ✚ Any recent surgeries, hospitalizations or trips to the emergency room?
- ✚ Any medical problems that other doctors have diagnosed?
- ✚ Are you taking your IBD medication daily and at the appropriate times?
- ✚ Are you taking medications (over the counter or prescription) for any other conditions?
- ✚ What was the date of your last menses (girls only)?

In the last 5-7 days

- ✚ How many bowel movements do you have a day?
 - ❖ Describe the consistency, urgency and amount of blood in stools
- ✚ Are you experiencing any stomach pain?
 - ❖ Where is the location pain?
 - ❖ Does anything cause or relieve the pain?
- ✚ Describe your activity level
 - ❖ How many days have you missed school?
 - ❖ Are you in any extracurricular activities?
- ✚ Describe your appetite
 - ❖ Do you experience nausea/vomiting after eating
- ✚ Describe your overall well being
 - ❖ Are you having trouble sleeping?
 - ❖ Are you stressed?
 - ❖ Are you depressed?
- ✚ Are you experiencing other pains or irritations? (i.e. joint, eye, mouth or skin)