

IBS-D

ON TRACT

DOCTOR DISCUSSION GUIDE



Since people with IBS-D experience symptoms differently, it is important to share a complete picture of your personal journey with your doctor. Share your answers to these questions with your doctor to help jumpstart the conversation.

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- Do you experience abdominal pain?
- Do you experience diarrhea?
- Have you tried diet and exercise to help relieve your symptoms?
- Have you tried to modify your diet to reduce your diarrhea?
- Do you experience abdominal pain more than 3 days/month?
- If yes, has this happened for at least 3 months or more?
- Do your symptoms keep coming back?
- Are your symptoms bothersome?
- Have you tried medication (Rx or OTC)? If so, what have you tried?