

IBD Communication Guide

For Your Next Clinical Visit

This is an instructional guide to prepare you to communicate IBD symptoms with a healthcare clinician. This guide provides a basis for 2-way IBD communication for confident clinical interactions. Inflammatory bowel disease (IBD) is chronic inflammation of your digestive tract. The 2-Types of IBD include Ulcerative colitis (UC) and Crohn' Disease (CD). UC involves inflammation and ulcers along the lining of your large intestine (colon) and rectum. CD is inflammation of the lining of your digestive tract, which often can involve the deeper layers of the digestive tract. UC and CD usually involve urgent restroom routines, diarrhea, abdominal pain, fatigue and weight loss. Make sure to practice IBD treatment plan adherence.

Circle The Symptoms That You Experience

Urgent Restroom Visits	Diarrhea	Stomach Pain	Fatigue	Weight Loss	Bloody Stool	Heartburn	Anxiety
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Place an "X" on days you had symptoms for 3 months

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Month 1																															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Month 2																															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Month 3																															

Do you try and self-manage? Yes or No

Discussion Points for Shared Decision-Making

1

Can we investigate forming a healthcare team to determine if my symptoms are being cause by IBD?

2

Can we please discuss new treatment options so we can reduce my days with IBD symptoms?

3

I would like to practice a healthy lifestyle, including eating healthy, regular exercise, and practicing relaxation techniques.