

Talking to your doctor

You shouldn't be embarrassed to talk to your doctor about what you're going through. Remember, your doctor sees many patients with the same or similar problems. Here is a checklist to help you speak to your doctor about your symptoms and treatment.

Symptom

(choose all that apply):

- Streaks of blood or mucus in stool
- Stomach (abdominal) pain
- Diarrhea
- Urgency
- Urgency without being able to go
- Other: _____

For how long?

(eg, 4 days, 2 weeks):

I am going to the bathroom about _____ times a day.

What you have tried for your symptoms

(eg, over-the-counter or prescription medicines, lifestyle changes):

Show this checklist to your doctor.

Notes: _____
