



# Talking to Your Healthcare Provider About IBS-D

\*IBS-D = Irritable Bowel Syndrome with Diarrhea

The more information you share with your healthcare provider, the better he or she can help you manage your IBS-D.

Don't be afraid to talk to your healthcare provider about all of your symptoms—even the ones that may seem embarrassing. Be clear about when your symptoms started, their frequency and severity, anything that triggers them, and how they may have changed. And remember to ask about other treatment options you may not have tried.

For more ways to get the conversation started, try asking some of the questions below, or use the space to write your own:

- **What might be causing my IBS-D symptoms?**
- **What information would be helpful for you to know when I keep a journal about my symptoms?**
- **Can changing my diet and exercising regularly help my symptoms?**
- **What if lifestyle changes and over-the-counter medications haven't provided adequate relief?**
- **What prescription medications are available for IBS-D?**
- **How long do I have to take a prescription medication and when will it start to work?**
- **Are there other options I should know about?**
- **When should I schedule a follow-up appointment?**

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