



## 15 Questions Every Patient with IBD Should Ask Their Doctor. (maybe not all at once!)

To live your best life with inflammatory bowel disease you need to have the right education and tools. Here are 15 questions that every patient with Crohn's disease or ulcerative colitis should have the answers to. If you don't, ask your doctor! Breaking them up into 5 questions over 3 doctors appointments will be easier for both you and your GI. Write down the answers so you don't forget, and bring a loved one to your appointment because 2 sets of ears are better than one!

1. Do I have Crohn's disease or ulcerative colitis? How do you know this?
2. Where is the inflammation in my gut located? Large bowel, small bowel, both? Is it continuous or are there skip patterns?
3. Do you see any other bigger intestinal complications? Strictures, fistulas, abscesses?
4. Would you classify my disease right now as mild, moderate, or severe?
5. If I am on steroids what is your exit plan?
6. What drug therapy (or combination) do you think would be best for me and why?
7. How will we know if this medication is working for me?
8. Why do I need to take my medication all the time and what happens if I don't?
9. How will you monitor my disease to get me into remission and to keep me there?
10. How do we address symptoms that occur even when I am in endoscopic remission?
11. What are the possible side-effects of my medications?
12. What are the possible repercussions for not taking my medications?
13. Is there a diet that can treat inflammation caused by IBD or does diet just help

control symptoms?

14. Where do you recommend I get information about IBD?

15. Do you provide patients with educational resources or do you have patient education nights?