



# The Confident Patient:

## A Doctor Discussion Guide for UC Treatment Planning

### Understanding your condition:

- Would you classify my UC as mild, moderate, or severe?
- What are the specific markers (like fecal calprotectin or CRP) you're tracking?
- Where is the location of the inflammation in my gut? Is it in the large bowel, small bowel, or both?

### Your care plan:

- What signs and symptoms should I report, and when should I call?
- What early signs might indicate things are changing?
- Do specific diets reduce inflammation or just manage symptoms?
- What symptoms should I track at home that would be helpful for our next appointment?

### Your treatment:

- Can you walk me through my treatment options, including any advanced therapies?
- If this treatment stops working, what other options could we consider?
- What are the practical considerations (like time or travel) that I need to factor into my treatment plan?
- How can we monitor my condition? What test results signify deep remission?

### Symptom check-in

- Increase in bowel movements
- Urgent need to have a bowel movement
- Blood, mucus, or pus in your stool
- Abdominal pain or cramping
- Weight loss or loss of appetite
- Waking up at night to have a bowel movement
- Tenesmus (feeling the need to pass stool but being unable to)
- Fever or chills
- Joint pain
- New skin rashes

### Notes:

