



The Confident Patient:

A Doctor Discussion Guide for Crohn's and Colitis Care

Understanding the diagnosis

- Could you explain my Crohn's or UC diagnosis in more detail?
- Where is the inflammation located?
- Would you classify my condition right now as mild, moderate, or severe?
- Has anything changed since my last scopes or tests?

Treatment options

- What treatment plan do you think would be best for me and why?
- What is the goal of this treatment?
- If this treatment doesn't work, what would next steps likely be?

Learning about advanced therapies

- Am I a good candidate for biologics?
- If I start a biologic, where would I receive it and how long does each session take?
- What's the timeline for knowing if treatments are working for me?
- Will I need regular lab work or monitoring with this treatment?

Improving your day-to-day

- Can diet help reduce inflammation, or does it mainly help manage symptoms?
- What other lifestyle changes should I consider?
- What symptoms should I watch for – and when should I call or go to the ER?
- Are there assistance programs to help me afford this treatment?
- Is there a dietitian, mental health provider, or support group you recommend?

Symptom check-in

- When the flare started and how long it lasted
- Number of bowel movements
- Stool consistency (Bristol Stool Scale)
- Any blood or mucus in stool
- Pain or cramping and where it occurred
- Quality of sleep
- Number of nighttime bathroom trips
- Temperature or signs of other illness
- What I ate in the 24 hours before
- Any stress, travel, or big changes

Notes: