

# IBS PATIENT DISCUSSION GUIDE

Use the below categories and questions to guide your discussion with patients that may have IBS.



Before considering an IBS diagnosis, rule out the following alarm features: anemia, illness, fever, medications, blood in stool, weight loss, family history of CRC, and abdominal mass. If alarm features are present or the patient is age 50 or older, diagnostic testing may need to be performed to further evaluate the patient.

Bowel Movement	How many times a week do you have a bowel movement?
	What is the appearance of your stool? <input type="checkbox"/> Separate hard lumps, like nuts <input type="checkbox"/> Sausage-shaped but lumpy <input type="checkbox"/> Sausage-shaped but with cracks on the surface <input type="checkbox"/> Sausage-shaped, smooth and soft <input type="checkbox"/> Soft blobs with clear-cut edges <input type="checkbox"/> Fluffy pieces with ragged edges, mushy <input type="checkbox"/> Watery, no solid pieces
Symptoms	Which of these symptoms do you experience? <input type="checkbox"/> belly pain <input type="checkbox"/> bloating <input type="checkbox"/> bowel incontinence <input type="checkbox"/> constipation <input type="checkbox"/> diarrhea <input type="checkbox"/> discomfort <input type="checkbox"/> incomplete bowel movements <input type="checkbox"/> straining <input type="checkbox"/> urgency
	What other symptoms have you experienced?
Chronicity	When did these symptoms start?
	How often do you experience them?
Burden	How do symptoms impact your daily life?
Treatment	What steps have you taken to manage your symptoms?
	How satisfied are you with your current treatment?
Goals	What symptom improvements are you looking to achieve?