## TALKING WITH YOUR DOCTOR

Your next visit to your doctor will be more useful if you know Your current state of health what you want to find out about, equipped with details about Your doctor will need to know whether there have been the state of your inflammatory bowel disease and general any changes - to your life and health - since your last health since your last visit. This section has been designed to appointment. help you prepare for this. Complete it before your visit and take it with you - you will be surprised how helpful it is. Life changes: Since my last visit, I have Notes: (e.g. got married, started a new job, moved house) Health changes: Since my last visit, I have (e.g. been finding it difficult to sleep, had a series of colds and chest infections) Medications: I am currently taking (mention all prescription and over-the-counter medicines, herbal remedies, other alternative therapies and vitamin supplements) I'm worried about my (health, medication) because What do you hope to gain from the visit? It will help to focus your visit if you go in to your appointment knowing the issues you want to discuss with your doctor. Two suggestions are given here; write your own objectives in the space provided: The current state of your IBD "I've been doing some reading and I'd like to find out about ☐ At the moment I'm having a flare-up. remission therapy. Could we talk about that at some point The symptoms are: please?"  $\square$  Bleeding from my rectum "Because I feel OK, I keep forgetting to take my medication.  $\ \square$  Pain and cramping in my abdomen Can we discuss what I can do about this?"  $\square$  I keep having an urgent need to go to the toilet ☐ Bloody diarrhoea  $\square$  Other symptoms I think this is happening because

I am having bowel movements a day during this flare-up.	☐ I'm not taking my medication for remission because.
<ul> <li>□ It has been months/weeks since my last flare-up.</li> <li>□ I think I am in remission because</li> </ul>	
	☐ I don't like taking my medication because it reminds me that I have a disease.
□ Although I seem to be in remission, I don't feel right.	□ I can't remember to take my medication.
□ I have bowel movements a day	
□ How can I make my periods of remission last as long as possible?	☐ I don't understand how my medication works. Can you explain it please?
☐ I'm taking my medication for remission like I should and I feel fine.  Do I need to go on taking it?	
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	☐ I don't know how to take my medication.
☐ I'm taking my medication for remission like I should but I've still got these symptoms.	☐ I don't find it convenient to take my medication.

□ I have too many tablets/capsules to take.	What happens between this visit and your following appointment? There may be questions that you could ask of your doctor at this appointment to help to tide you over till the following appointment. This is likely to be particularly relevant if your disease is likely to flare up between appointments and if your doctor is a hospital specialist (where appointments can sometimes be harder to secure).
□ Some of the tablets/capsules are too big for me.	When will my next appointment be?
☐ I'm worried about the side effects of my medication. Can you explain about them please?	Do I need any more prescriptions so that my medications will last to the next appointment?
	When should I get any tests done, so that the results will be back before my next appointment?
□ My partner and I want to start a family. Will my IBD interfere with this?	What should I do if I flare-up between now and my next appoint- ment? E.g. should I contact my IBD specialist or my GP or an IBD nurse?
	When might admission to hospital be considered?  Patients sometimes become used to the symptoms of IBD, and underestimate how sick they are. It may help you to discuss with your doctor in advance the circumstances when you might need to seek further help, rather than just sitting patiently at home waiting for your next appointment.
☐ My partner and I have been trying to start a family but haven't managed to conceive yet. Could this be anything to do with my IBD?	
	This information is for general informational purposes and does not constitute medical advice. Please seek information and advice regarding your condition and/or treatment from your doctor.

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