

# Doctor Visit Checklist

When Low FODMAP Isn't Working — A Guide to Advocating for Proper Testing

## Before Your Appointment

### Prepare Your Symptom Summary

- Duration on low FODMAP diet: \_\_\_\_\_ weeks
- Dietitian or app used: \_\_\_\_\_
- Primary symptoms: Bloating / Pain / Diarrhea / Constipation / Gas

### Confirm Diet Compliance

- Kept food diary during elimination phase
- Used Monash FODMAP app for portion guidance
- Checked medications/supplements for hidden FODMAPs
- Avoided FODMAP stacking across meals

### RED FLAGS — Mention These First!

- Blood in stool
- Unexplained weight loss (>5% in 6 months)
- New symptoms after age 50
- Family history of GI cancer or IBD

## Tests to Request

Test	What It Reveals	Request If...
<b>Hydrogen Breath Test</b>	SIBO, lactose/fructose malabsorption	Persistent bloating despite diet
<b>SeHCAT Scan</b>	Bile acid malabsorption	IBS-D with no improvement
<b>Fecal Elastase</b>	Pancreatic enzyme insufficiency	Fatty stools, weight loss
<b>Fecal Calprotectin</b>	Inflammatory markers (IBD)	Blood in stool, severe pain
<b>Celiac Panel + Biopsy</b>	Celiac disease	Negative blood test but symptoms persist

# Self-Advocacy Scripts

## Script 1: Opening the Conversation

*"I've been strictly following a low FODMAP diet for [X weeks] with guidance from [dietitian/Monash app], but I haven't seen significant improvement. I understand that other conditions like SIBO or bile acid malabsorption can cause similar symptoms. Could we discuss whether testing might be appropriate?"*

## Script 2: Requesting Specific Testing

*"Given my persistent [symptoms], I've read that [SIBO/BAM] affects around [35%/30%] of IBS patients. Could we arrange a [breath test/SeHCAT scan] to rule this out?"*

## Script 3: If Initially Dismissed

*"I understand IBS is a diagnosis of exclusion, but I've been managing this for [time period] without relief. I'd really appreciate a referral to a gastroenterologist for a second opinion. What would I need to do to arrange that?"*

## Questions to Ask

- "What conditions should we rule out based on my symptoms?"
- "What tests would you recommend as next steps?"
- "Should I be referred to a gastroenterologist?"
- "What timeline should I expect for testing and results?"

## After Your Appointment

- Tests ordered: \_\_\_\_\_
- Referral to: \_\_\_\_\_
- Follow-up date: \_\_\_\_\_

## Notes

