

IBS Cramping Medication Conversation Card

Use this before asking about antispasmodics or other cramping options. It is not prescribing advice.

1. Stop signs

Seek medical care for severe or worsening pain, fever, persistent vomiting, blood or black stool, fainting, dehydration, inability to pass gas or stool with swelling, unexplained weight loss, nighttime diarrhea, or pain that is new or different.

2. Pattern to describe

- Cramping location.
- Timing: before bowel movement, after meals, during flare, overnight.
- Stool pattern: diarrhea, constipation, mixed, normal.
- Triggers: caffeine, fat, stress, menstrual cycle, new medication, illness.

3. Questions to ask

- Does this pattern fit an antispasmodic discussion?
- Would peppermint oil, constipation care, IBS-D treatment, or gut-brain therapy fit better?
- What side effects matter for me?
- What should make me stop and call?