

Teen IBS Caregiver School Meeting Card

Use this card to prepare for a school conversation. Complete it with the teen whenever possible.

1. The Teen's Priorities

- What feels most embarrassing or hard at school?
- Which adult feels safest to ask for help?
- What should stay private unless there is a safety concern?

2. Access Plan

- Bathroom option:
- Backup bathroom:
- Nurse office or trusted adult:
- Testing or class-exit plan:
- Backup supplies location:

3. Pattern Notes for Clinician Review

- Pain timing:
- Stool pattern:
- Urgency or constipation days:
- Missed school or activities:
- Weight, appetite, fever, bleeding, nighttime symptoms, or dehydration:

4. Food and Flare Boundaries

Avoid turning school support into food policing. If food changes are needed, ask the clinician or pediatric GI dietitian what is appropriate for the teen's growth, schedule, culture, and symptoms.