

Diabetes Medication Gut Symptom Conversation Card

Use this card to prepare a safer conversation when nausea, diarrhea, constipation, fullness, appetite change, or bloating overlaps with diabetes, metformin, GLP-1 medicines, tirzepatide, or diabetes-related motility concerns.

1. Stop Signs First

Get timely medical guidance instead of self-sorting if symptoms include:

- severe or persistent vomiting
- dehydration, fainting, confusion, or very low urine
- blood in stool or black stool
- severe, worsening, or clearly different abdominal pain
- inability to keep fluids down
- unexplained weight loss
- constipation with swelling, vomiting, or inability to pass gas or stool

2. Timeline

Question	Notes
What was your usual bowel and appetite pattern before this changed?	
What diabetes, weight, stomach, supplement, or OTC medicine changed?	
When did nausea, diarrhea, constipation, fullness, appetite change, or bloating begin?	
What else changed: illness, travel, stress, caffeine, alcohol, fiber, meals, or hydration?	

3. Symptom Center

If this is loudest	Ask about
Nausea, early fullness, vomiting, or food sitting heavy	Upper-GI pattern, gastroparesis-style symptoms, GLP-1 timing, or functional dyspepsia overlap
Diarrhea, urgency, or dehydration risk	Medication effect, illness, hydration, electrolytes, infection, or IBS-D pattern
Constipation, pressure, bloating, or slow stool pattern	Medicine timing, fluid intake, fiber change, motility, or IBS-C pattern
Symptoms are new, severe, persistent, or outside baseline	Medical review before diet troubleshooting

4. Questions To Bring

- Could this symptom pattern be related to my diabetes, a medicine, dose change, timing change, or another condition?
- Which symptoms should make me contact you promptly?
- Should a pharmacist review my prescription, OTC medicine, supplement, fiber, electrolyte, or protein product list?

- Does the pattern sound more upper-GI, lower-GI, medication-related, or a broader diabetes motility question?
- What should I track for the next visit?