

# IBS Appointment Prep Sheet

## 1. Thirty-Second Summary

- My usual baseline:
- What changed:
- When it changed:
- My top 2-3 symptoms:
- My biggest question today:

## 2. Stool Pattern and Stop Signs

- Diarrhea / constipation / mixed / urgency / incomplete emptying:
- Nighttime symptoms:
- Blood or black stool:
- Fever, vomiting, dehydration, severe pain, or weight change:

## 3. What I Already Tried

Trial	Helped	Did not help	Made worse
Diet change			
Fiber / supplement			
Medicine			

## 4. Medicines and Supplements

Name	Dose / timing	Why I take it

## 5. My Top Three Questions

- 1.
- 2.
- 3.