Functional Dyspepsia Symptom Pattern Checklist

Use this to sort whether your symptoms sound more like functional dyspepsia, IBS, or a mixed pattern before your next appointment.

1. Location Check

- [ ] My discomfort sits mainly in the **upper abdomen**.
- [ ] I feel uncomfortably full after a small amount of food.
- [ ] Nausea, belching, or upper-stomach heaviness are part of the pattern.
- [ ] My symptoms are not explained mainly by lower-abdominal pain or bowel urgency.

2. Pattern Check

- [ ] Meals feel difficult because I get full too quickly.
- [ ] My upper stomach feels heavy or pressure-filled after eating.
- [ ] Burning or pain high in the abdomen is one of the loudest symptoms.
- [ ] The symptom pattern is upper-GI enough that generic IBS advice feels incomplete.

3. Subtype Clues

PDS-Leaning Clues

- [ ] Fullness after meals is the main issue.
- [ ] A few bites can feel like too much.
- [ ] Nausea or meal intolerance shows up quickly.

EPS-Leaning Clues

- [ ] Upper-abdominal pain is central.
- [ ] Burning is central.
- [ ] The pain pattern can show up even when meal size is not the whole story.

4. Overlap Check

- [ ] I also have lower-GI symptoms such as diarrhea, constipation, or bowel-linked pain.
- [ ] Stress or anticipation clearly makes the symptom load worse.
- [ ] Bloating overlaps with both upper- and lower-GI symptoms.

5. Escalation Check

- [ ] I have no unexplained weight loss.
- [ ] I do not have ongoing vomiting.
- [ ] I do not have bleeding, black stools, or trouble swallowing.
- [ ] The pattern still feels stable enough for structured outpatient follow-up.

Quick Read

If Sections 1-3 mostly fit, functional dyspepsia is worth discussing directly. If Section 4 is loud too, you may have FD and IBS overlap rather than one replacing the other. If Section 5 does **not** fit, move the conversation toward medical

evaluation first.