

Older Adult Bowel Change Review Card

Use this card to prepare for a pharmacist or clinician conversation when constipation, diarrhea, bloating, urgency, appetite change, or nausea changes in an older adult.

1. Stop Signs

Seek timely medical guidance if any are present:

- blood in stool, black stool, or rectal bleeding
- severe, constant, worsening, or unusual abdominal pain
- fever, persistent vomiting, or dehydration symptoms
- unexplained weight loss or anemia concern
- nighttime diarrhea
- constipation with swelling, vomiting, or inability to pass gas or stool
- persistent bowel-pattern change that is not returning to baseline

2. Timeline

Question	Notes
What was the usual bowel pattern before this?	
What changed first?	
When did constipation, diarrhea, urgency, bloating, nausea, or appetite change begin?	
What medicines changed?	
What supplements, vitamins, minerals, antacids, laxatives, or OTC products changed?	
What else changed: illness, travel, hydration, movement, stress, diet, sleep?	

3. Pharmacist Questions

- Could any product on this list contribute to constipation, diarrhea, nausea, bloating, appetite change, or urgency?
- Are any ingredients duplicated across products?
- Does timing with meals, calcium, magnesium, fiber, antacids, or other medicines matter?
- Which symptoms should prompt prescriber contact?

4. Clinician Questions

- Does this still fit the person's previous IBS pattern?
- Do age, medical history, persistence, or red flags change the evaluation?
- Should thyroid, anemia, infection, inflammation, celiac disease, pelvic-floor dysfunction, gallbladder, or colorectal warning signs be considered?
- What should be changed now, and what should not be changed without follow-up?