

Clinician and Pharmacist Question Card

Use this when constipation, diarrhea, bloating, nausea, urgency, appetite change, or stool-pattern changes overlap with a medicine, supplement, dose, timing, or product change.

This card is not medical advice. Do not start, stop, or change prescribed medicine without guidance from the clinician who manages it.

1. Stop signs first

Seek timely medical guidance for blood or black stool, fever, persistent vomiting, dehydration, severe or worsening pain, unexplained weight loss, nighttime diarrhea, or constipation with swelling, vomiting, or inability to pass gas or stool.

2. What changed when

Question	Notes
My usual bowel pattern before this was...	
The medicine, supplement, mineral, OTC tool, antibiotic, or product change was...	
The change started on this date or week...	
Symptoms began or changed on this date or week...	
Main symptoms now: constipation, diarrhea, bloating, nausea, urgency, appetite, pain, or other...	
Other confounders: illness, travel, sleep loss, stress, alcohol, caffeine, new diet rule, cycle timing, or flare...	

3. Questions for the pharmacist

- Could this symptom be a known side effect worth discussing with my prescriber?
- Does timing with meals, bedtime, caffeine, alcohol, fiber, magnesium, antacids, laxatives, or antidiarrheals matter?
- Are any ingredients duplicated across my prescription, OTC medicine, supplement, electrolyte powder, protein powder, or fiber product?
- Could any supplement or herbal product interact with a prescription or OTC medicine?
- What symptoms should make me contact the prescriber promptly?

4. Questions for the clinician

- Does this still fit my usual IBS pattern, or does the timing suggest a medication review?
- Do any red flags change the urgency?
- Do body-wide clues such as fatigue, heat or cold sensitivity, tremor, heart-rate change, skin or hair change, or unexplained weight change change the workup?
- If this medicine is important, what are safer ways to manage the bowel symptom?
- Should any tests, follow-up timing, or referrals be considered?

5. One next action

My next action is:

Who I will contact:

When:
