

Thyroid-Bowel Clue Checklist

Use this before a clinician visit when bowel changes come with whole-body symptoms.

Constipation Plus Slowing Clues

- Constipation is new, persistent, or clearly worse
- Fatigue feels unusual
- Cold sensitivity
- Dry skin or thinning hair
- Unexplained weight gain
- Slower heart rate or low mood

Diarrhea Or Frequent Stools Plus Speeding Clues

- More frequent bowel movements or diarrhea
- Heat intolerance or sweating
- Fast heartbeat or palpitations
- Tremor, anxiety, or sleep problems
- Unexplained weight loss

IBS Pattern Clues

- Symptoms still match my familiar IBS pattern
- Pain changes with bowel movements
- Food, stress, sleep, or routine triggers are clear

Stop Signs

Get urgent medical guidance for blood or black stool, fever, dehydration, persistent vomiting, severe or changed pain, unexplained weight loss, nighttime diarrhea, or inability to pass gas or stool.