

What If

I HAVE ULCERATIVE COLITIS?

This UC Discussion Guide Can Help

IT CAN FEEL EMBARRASSING TALKING ABOUT THE SYMPTOMS of ulcerative colitis (UC), even with your doctor. This guide is designed to help that discussion.

Simply print this out and mark down any of the symptoms you are experiencing, as well as any other questions you have for your doctor. Then bring it with you to your appointment.

Do You Have Any of These?

Below Are Some Common Symptoms of UC

- ▶ Put a check next to any symptoms you have been experiencing. Then rate their severity on a scale from 1 to 10, with 10 being the most severe.
- ▶ Use the lines below each symptom to write down any other important details, like how often you experience the symptom.

SYMPTOM	SEVERITY OF SYMPTOM
<input type="checkbox"/> Frequency of bowel movements	1 2 3 4 5 6 7 8 9 10
<i>Details:</i> How many do you have per day now? How many do you normally have? _____ _____ _____	
<input type="checkbox"/> Diarrhea	1 2 3 4 5 6 7 8 9 10
<i>Details:</i> Do you have it after every meal? Do you see water or mucus in your stool? _____ _____ _____	
<input type="checkbox"/> Rectal bleeding	1 2 3 4 5 6 7 8 9 10
<i>Details:</i> How often do you see blood in your stool? When did you first notice it? _____ _____ _____	

Do You Have Any of These?

Below are some common symptoms of UC (cont.)

SYMPTOM	SEVERITY OF SYMPTOM
<input type="checkbox"/> Abdominal pain <i>Details:</i> Where exactly do you feel the pain? Is it worse at any particular time? _____ _____ _____	1 2 3 4 5 6 7 8 9 10
<input type="checkbox"/> Cramping <i>Details:</i> Does it happen at particular times? Is there a particular spot on your body where it seems to occur? _____ _____ _____	1 2 3 4 5 6 7 8 9 10
<input type="checkbox"/> Fatigue <i>Details:</i> How many hours of sleep do you get a night? Is fatigue impacting your daily activities? _____ _____ _____	1 2 3 4 5 6 7 8 9 10
<input type="checkbox"/> Loss of appetite <i>Details:</i> How much have you been eating every day? Do certain foods seem to bring on symptoms? _____ _____ _____	1 2 3 4 5 6 7 8 9 10
<input type="checkbox"/> Sudden weight loss <i>Details:</i> How many pounds? How quickly did you lose them? _____ _____ _____	1 2 3 4 5 6 7 8 9 10

There's More to Talk About Than the Symptoms

Speak freely with your doctor about how UC symptoms are affecting you. Your doctor can help you find ways to manage those symptoms, and live your life with UC.

Here are some topics you may want to bring up with the doctor, along with sample questions for each. There's also space for you to write any other questions you may have.



Diet and exercise

- ▶ Are there any foods I should avoid?
- ▶ Should I keep a food diary to track how I react to certain foods?
- ▶ Could exercise help manage the symptoms of UC?



Treatment

- ▶ What kinds of treatments may be right to manage my UC?
- ▶ How can I remember to take my medication?



Follow-ups

- ▶ How often should I come back for follow-up appointments?
- ▶ What kind of regular tests will you use to track my progress?

Jot down any other questions that you would like to discuss during your doctor visit
