

Getting ready for your gastroenterologist visit guide

Step 1: Fill out this gastroenterologist visit guide and take with you to your next appointment.

Step 2: Use this guide to help you discuss your Crohn's Disease symptoms with your doctor.

Step 3: Ask your doctor any questions you may have about your current treatment – and if other treatment options could be right for you.

THESE QUESTIONS REFER TO YOUR SYMPTOMS DURING THE PREVIOUS WEEK.

1 If you would have to rate your general well-being by giving it a number, what number would you choose?

(Circle the appropriate number from 1 = terrible to 10 = very well)

1 2 3 4 5 6 7 8 9 10

2 To what extent did you have abdominal pain during the previous week?

(Please indicate this on a scale from 0 to 10, where 0 stands for no abdominal pain and 10 for the worst imaginable abdominal pain)

1 2 3 4 5 6 7 8 9 10

3 How many times on average per day did you have diarrhoea during the previous week? Diarrhoea is liquid stool that cannot be picked up (for instance with a fork).

_____ per day

4 Have you:

- Had joint pain during the previous week that was not caused by a strain during sports, work or an accident?
 - Had an eye inflammation, for which you have seen an eye specialist and which your treating specialist diagnosed as uveitis?
 - Had a skin disorder that has been diagnosed as erythema nodosum or pyoderma by your treating specialist?
 - Had aphthous ulcers (i.e. sores or blister-like spots) in your mouth?
- Yes
- No
- I do not know
- I have an eye inflammation but have not seen an eye specialist for it or do not know what the infection is called
- I have a skin disorder but have not seen my specialist for it or do not know what the disorder is called

5 Have you had anal pain (a fissure) during the previous week during excrement? Here we are referring to pain in the anus during the passage of stools.

- Yes
- No
- I do not know

6 Have you had a fistula during the previous week that was painful and produced puss from the fistula opening? Fistulas are connections or passageways between the skin and intestines. Usually fistulas are located around the anus, abdomen or buttocks.

- Yes
- No
- I do not know

7 Do you have an abscess (i.e. a painful sore by your anus)?

- Yes
- No
- I do not know

References:

1. Mayo Clinic. Crohn's disease. Symptoms and Causes. <https://www.mayoclinic.org/diseasesconditions/crohns-disease/symptoms-causes/syc-20353304> Accessed February 2018. 2. Bennebroek Evertsz', F., Stokkers, P.C.F., Sprangers, M.A.G., AMC, 2010.