



Your IBD Checklist

Inflammatory Bowel Disease (IBD) can have different impacts on different people.

How your IBD is managed is a decision you and your doctor make together after careful assessment of disease type, severity, life circumstances and overall health. Whether you are new to IBD or have lived with a gastro condition for a while, the following checklist will help you work towards the most meaningful outcomes for you.

Symptoms

Ensure you get the best out of each appointment with your treating doctor by keeping a record of your symptoms and any known disease triggers. List these below.

SYMPTOMS	TRIGGERS

Consider keeping a diary during the week prior to your appointment; record any symptoms you experienced, what you were doing, how you were feeling.

Make a note of any **symptoms** you experience each day or frequency /level of pain, appetite/nutrition.

Make a note of what you **were doing**, how you **are feeling** each day (energy levels, mood, emotions, motivation levels. Was sleep affected? Was work productivity affected?

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	



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Treatment goals

Your treating doctor can help you to develop treatment goals for your IBD and these should address symptom control as well as any specific lifestyle objectives you may have (eg travelling, taking part in regular team sports or starting a family). Outline your treatment goals below.

Matching your treatment with your needs

As there are various ways to manage IBD and it's helpful to consider the factors important to you before deciding on any treatment plan with your doctor. Identify these below.

- Effectiveness of treatment (symptom control)
- Side effects and safety
- Convenience of treatment (ease of use)
- Frequency of treatment (dosing schedule)
- Consistency of results/response over time
- Time spent on treatment
- Cost of treatment
- Any other concerns worrying you

*Is there anything else that is important to you that you would like your **doctor to take into consideration**, and that you haven't yet captured? Write it down here.*

Any questions?

If you have questions about your IBD or the treatment you are currently on, record them here and ensure you take this list to your next appointment.
