

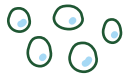
Let's talk about your IBS-C symptoms

Since there are different underlying causes of IBS-C, there is no one-size-fits-all treatment approach.

Answer the following questions about your symptoms so that you and your healthcare provider can determine whether your current medication is right for you, or if it makes sense to try something different.

1. Over the course of an average week, how many bowel movements do you have? _____

2. What best describes your typical stool form?



Separate hard lumps



Lumpy and sausage like



A sausage shape with crack in the surface



Like a smooth, soft sausage or snake



Soft blobs with clear-cut edges



Mushy consistency with ragged edges



Liquid consistency with no solid pieces

(Adapted from original © 2000 Rome Foundation. Used with permission.)

3. How would you rate your level of abdominal pain/bloating on a scale of 0-10? (Zero is absent, meaning no pain, and ten is very severe.)



4. How satisfied are you with your symptom relief for each of the following:



Belly pain



Bloating



Constipation

Very unsatisfied Unsatisfied Neither unsatisfied nor satisfied Satisfied Very satisfied

5. How often do your IBS-C symptoms get in the way of:



Daily activities



Social life



Work

Always Often Sometimes Rarely Never

6. Is there any additional information about your IBS-C symptoms you want to share with your healthcare provider?

With different treatments available, it's important to know how you are doing. You may have to try different medications to find the one that's right for you.