

Ulcerative Colitis Health Care Provider Discussion Guide

DATE _____



The first step in any health journey is getting started. Healing — whatever that looks like for you — may not be easy, and it may not happen as quickly as you'd like, but know that you can do hard things. Let's begin.

Personal Check-In

How comfortable are you discussing your ulcerative colitis symptoms with others?

- I completely avoid it when possible
- I can talk about it when absolutely necessary, but I feel uncomfortable and/or embarrassed
- I can talk about it freely, but only with certain people because I sometimes feel uncomfortable and/or embarrassed
- Anyone can ask me a question about my symptoms and I feel comfortable answering

What symptoms do you feel most anxious talking about?

What does "doing well" with ulcerative colitis feel like to you?

What about "doing poorly"?

Have you had to change your schedule or hobbies/activities to accommodate your symptoms?

- No, I have not had to make any adaptations or avoid any activities
- Yes, I wake up earlier to prepare to leave the house because of symptoms
- Yes, I avoid going to places without bathrooms readily accessible
- Yes, I avoid leaving the house because of symptoms
- Yes, I: _____

What are your usual stress management strategies?

Exercise, medication, alcohol, "stress" eating, binge-watching TV, drugs, talking with friends, etc.

Gastrointestinal (GI) History

Bowel Movements

On average, I have a bowel movement:

- Less than once a day
- Once a day
- 2-3 times a day
- More than 3 times a day

Presence of Blood

How often do you see blood in your stool?

If you see blood in your stool, what color is the blood?

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Never | <input type="checkbox"/> Bright red |
| <input type="checkbox"/> Once a month or less | <input type="checkbox"/> Dark red |
| <input type="checkbox"/> Once a week | <input type="checkbox"/> Nearly black |
| <input type="checkbox"/> Once a day | |
| <input type="checkbox"/> Always | |

Bowel Movement Urgency

- I can wait to use the bathroom for more than 30 minutes
- I can wait for up to 30 minutes
- I can wait a few (5-10) minutes
- I have to use the bathroom immediately, but I've never had an accident
- I have to use the bathroom immediately and I've experienced some accidents







Mental Health Check-In

Have you recently experienced any of the following symptoms?

- Feeling sad or low
- Feeling anxious or having excessive worry or fear
- Difficulty sleeping
- Sleeping excessively
- Avoiding friends and social activities
- Feeling shameful or concerned about your body image and weight

Stool Quality and Consistency

Which type of stool from the chart best describes what your stool looks like on average?

- | | |
|--|---|
|  | 1 Separate hard lumps
<i>hard to pass</i> |
|  | 2 Sausage-shaped but lumpy
<i>hard to pass</i> |
|  | 3 Like a sausage, with cracks on the surface
<i>easy to pass</i> |
|  | 4 Like a sausage, smooth and soft
<i>easy to pass</i> |
|  | 5 Soft logs with clear-cut edges
<i>easy to pass</i> |
|  | 6 Fluffy pieces with ragged edges, mushy
<i>easy to pass</i> |
|  | 7 Entirely liquid, no solid pieces
<i>could be drunk with a straw; easy to pass</i> |
|  | a Fatty stool
<i>floats, has a chalky color and/or foul smell</i> |
|  | b Undigested food particles visible in stool |

Other Symptoms

Have you recently experienced any of the following symptoms?

- Skin rashes
- Red, inflamed eyes
- Joint pain
- Lower back pain

Diet and Nutrition

Do you follow a specific diet? If so, please describe:

Do any foods trigger UC symptoms for you?
If so, please list below:

My Priorities Today:

What are the top questions or concerns you'd like to address during this appointment?

Action Items

- Set up next appointment
- Fill medication prescription
- Call referral for appointment
- Plan new diet
- Research suggested treatments

Notes

Personal Check-in

After your visit, how do you feel emotionally and physically?

Health Care Provider Post-Visit Evaluation

Talking to a doctor about very personal symptoms can feel uncomfortable at first, especially if it's a new provider. Here are some questions to consider after your visit:

- | | | | |
|--|------------------------------|-----------------------------|---------------------------------|
| Did I feel heard? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Can I be vulnerable with this person? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Do I feel more hopeful? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Can I imagine opening up more to this person in the future? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Did I leave with actionable steps for my health?
<i>i.e., a referral or another appointment</i> | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Did I get my questions answered? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |

*How did that feel? Allow yourself some grace and gratitude for showing up to do difficult work. **You got this.***