



## QUESTIONS TO CONSIDER WHEN MEETING WITH YOUR MEDICAL PROVIDER

### What are your gastrointestinal symptoms? What are your main concerns?

- Nausea
- Vomiting
- Abdominal pain
- Weight loss
- Bloody stools
- Gastroparesis
- Constipation
- Reflux
- Hemorrhoids
- Change in stool frequency, change in stool consistency, change in stool caliber

### How severe is your abdominal pain? How long have you been feeling this way? (Please rate on a scale from 1-10, with 10 being the worst)

### Do you have any exacerbating or alleviating factors (such as diet, activities) regarding the symptoms?

### Have you started a food diary? If yes, what foods do you think are triggers for your symptoms?

### Do you have one or more of the following symptoms related to gastrointestinal bleeding?

- Stools are black or contain bright red blood
- Vomit with bright red blood or consistency of coffee grounds
- Weakness, fatigue, or paleness
- Shortness of breath, chest pain, dizziness, or fainting
- Rapid pulse
- Low blood pressure
- Abdominal pain or cramps
- Iron deficiency anemia
- Little or no urination

### Do you have any of the following symptoms of malnutrition?

- Loss of appetite
- Weight Loss
- Fatigue
- Weakness
- Low mood or depression



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