

Make talking about diarrhea easier

Talking about diarrhea isn't easy, but having diarrhea is certainly worse.
That's where this guide can help. Simply fill it out and share it with your doctor.
That can help get the conversation—and possibly the relief—started.

**You don't have to just cope with diarrhea—planning your life around it.
There may be a treatment option you and your doctor can consider.**

How often do you have diarrhea?

I have diarrhea about _____ times each week/month.
(how many?) (circle one)

How long have you had diarrhea?

I have been having diarrhea for about _____ months/years.
(how many?) (circle one)

Check any of the following statements that are true for you because of diarrhea:

- I have had to stop what I was doing to rush to the bathroom.
- I plan my daily activities so I have a bathroom nearby.
- I sometimes need to eat less, or limit or avoid certain foods.
- I sometimes miss social activities.
- Long trips are difficult for me.
- I avoid strenuous activity.
- I have less sexual desire or sexual activity is difficult.
- I worry about losing control of my bowels.
- Other _____

I have tried the following treatments:

Treatment

Length of Time

Yes, I would like to talk about a prescription option with my healthcare provider