

Doctor Discussion Guide

Take this doctor discussion guide about ulcerative colitis to your next pediatrician appointment.

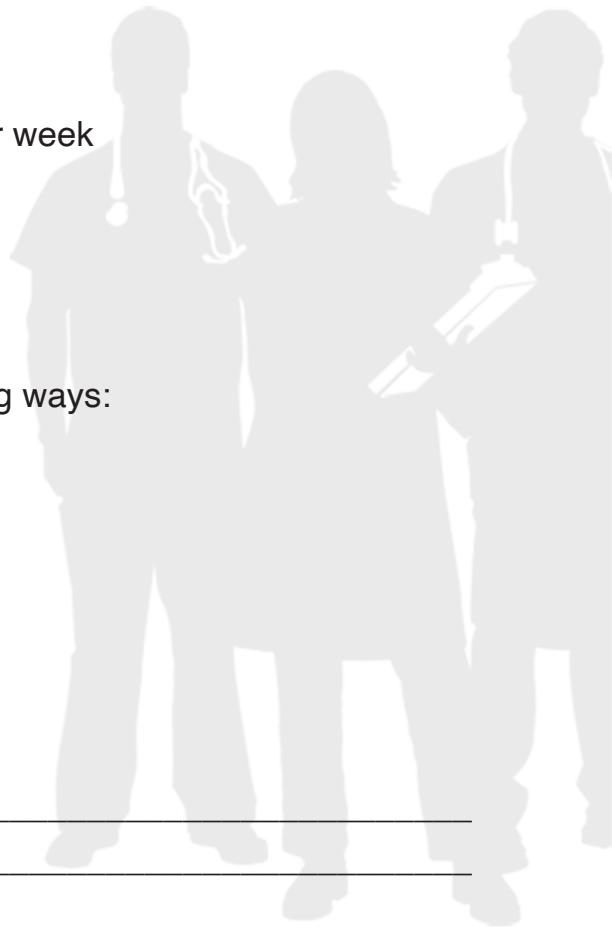
Changes in Daily Habits

My child has the following symptoms:

- Bathroom breaks ____ times per day
- Cramping or gastrointestinal discomfort ____ times per week
- Bloody diarrhea ____ times per month
- Fatigue ____ times per week
- Loss of appetite ____ times per week

Symptoms disrupt my child's day-to-day life in the following ways:

- Sleep
 - Attendance at school
 - Socializing with friends
 - Self-esteem
 - Participation in athletics or other activities
 - Academic performance
 - Other _____
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Questions To Ask About Treatments

- Q** How long does this medicine take to start showing results?
- Q** How long will my child need to take this medicine?
- Q** What side effects of this medicine should I know about?
- Q** Are there any ways to manage these side effects?
- Q** How should I prepare my child so they're not scared during their biologic infusion?

Questions To Ask About Diet and Nutrition

- Q** Should I keep a food diary to track which foods trigger my child's symptoms?
- Q** What foods should my child stay away from?
- Q** What are safe food choices when my child has a flare-up?
- Q** Should my child take a dietary supplement to make up for foods they don't tolerate well?

General Questions

- Q** How can I best support my child's self-esteem and emotional health?
- Q** Are there signs of depression I should watch for?
- Q** Is my child's growth on track?
- Q** Do you have any materials to help me educate my child's teacher or other school staff about ulcerative colitis?