

Patient information from BMJ

Last published: Nov 30, 2023

Irritable bowel syndrome: questions to ask your doctor

If you have irritable bowel syndrome, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- How do you know I have irritable bowel syndrome?
- Could it be a more serious illness?
- Do I need any tests?
- Do you know what's causing it?
- What treatment do I need?
- What should I do if treatment doesn't work?
- What medicines can I take to help with pain, diarrhoea, or constipation?
- What can I do myself to help control my symptoms?
- Do I need to change my diet?
- Does stress make my irritable bowel syndrome worse?
- Are there any alternative or complementary treatments?
- Will irritable bowel syndrome ever go away?

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