

Irritable Bowel Syndrome (IBS) Patient Discussion Guide

Learn about IBS-C (with constipation), Chronic Idiopathic Constipation (CIC) and IBS-D (with diarrhea)

Let's get the discussion started!

While it might seem awkward to talk about, having a discussion with your Health Care Provider about which type(s) of stool you typically have can help you both create a treatment plan that works for you and your body.

Question:

Which type(s) of stool from the Bristol Stool Form Scale have you most frequently experienced when not taking a medication?

| TYPE 1 | TYPE 2 | TYPE 3 | TYPE 4 | TYPE 5 | TYPE 6 | TYPE 7 |
|--|---|---|--|---|---|---|
| Separate hard lumps, like nuts (hard to pass). | Sausage-shaped but lumpy. | Like a sausage but with cracks on surface. | Like a sausage or snake, smooth and soft. | Soft blobs with clear-cut edges. | Fluffy pieces with ragged edges, a mushy stool. | Watery, no solid pieces. Entirely liquid. |
|  |  |  |  |  |  |  |
| CONSTIPATION | | | | DIARRHEA | | |

In addition to evaluating your stool form, stool frequency, and related symptoms, your health care provider may also perform a physical evaluation as well as order laboratory tests to rule out any other potential conditions as appropriate.

It may be helpful to know that a study demonstrated 97% accuracy in diagnosing IBS through symptom-based criteria.

†"Chronic" means the constipation is long lasting or keeps coming back. "Idiopathic" means the cause of the constipation is unknown.
Adapted from Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol.* 1997;32:920-924.

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Discussion Questions:

Which of these constipation symptoms have you experienced?

- Fewer than 3 bowel movements a week
- Hard-to-pass bowel movements
- Abdominal pain
- Straining
- Not feeling empty after a bowel movement
- Other

How long have you been trying to manage your symptoms?

- 0-6 months
- 6-12 months
- 1-2 years
- 2-4 years
- 4+ years

Which types of stool from the Bristol Stool Form Scale above have you most frequently experienced when not taking medication?

- Type 1
- Type 2
- Type 3
- Type 4
- Type 5
- Type 6
- Type 7



Click or scan with your phone to learn about an IBS-C/CIC treatment that may be right for you

Discussion Questions:

Have you experienced abdominal pain at least 1 day per week for the past three months associated with two or more of the following

- Defecation
- Change in stool frequency
- Change in stool form

Which of these symptoms have you experienced?

- Abdominal Pain
- Diarrhea
- Abdominal Pain & Diarrhea

How long have you been trying to manage your symptoms?

- 0-<6 mos
- 6 mos-12 mos
- 1-2 years
- 2-3 years
- 4+ years

Use the 25% Rule: <25% hard lumpy stool and >25% loose watery stool



Click or scan with your phone to learn about an IBS-D treatment that may be right for you