

**Before you go to your appointment, you may want to ask yourself these questions:**

**YES**

**NO**



Are you woken up at night to have a poo (bowel movement)?

Notes:



Do you need to rush to the toilet to have a poo (bowel movement)?

Notes:



Do you ever leak poo or loose of control over your bowels?

Notes:



Do your bowel or tummy problems affect your social life, work or relationships?

Notes:

**You may also be asked about your:**



Medical history. For example, any other health issues and what medications you are taking.

Notes:



Your diet and fluid intake.

Notes: