

Making the most out of your GP appointment

An IBS diagnosis is all about the **STORY** – so what you tell your GP is very important. Try and remember to discuss the following points during your consultation:

- S** **SYMPTOMS** – be prepared to talk openly about your symptoms. Make a note of any that you experience and in what order they tend to appear.
- T** **TRIGGERS** – keep an IBS diary to track diet, stress and any hormonal changes so your GP can help you identify possible patterns and triggers.
- O** **OPTIONS** – treating IBS is very individual so ask about the different treatment and management options available.
- R** **ROUTINE** – IBS can be unpredictable, so talk to your GP about establishing a treatment routine for when you do have a flare-up, to keep interruptions to a minimum.
- Y** **YOU** – remember, IBS affects everyone differently, so this is a chance to discuss options that might work for you, including how to cope with the emotional side effects that you might experience.

If you have been diagnosed with IBS and still have questions, return to buscopan.co.uk for further information and tools to help you better manage your condition

Brought to you by  **Buscopan[®]**
IBS Relief

Buscopan IBS Relief contains hyoscine butylbromide.
For medically confirmed IBS. Always read the label.