

Why Preparation Matters

Functional gut conditions - like Rumination Syndrome, IBS, functional dyspepsia, or bloating - can be complex and challenging to diagnose and manage. Preparing well for your appointment helps you communicate clearly, ensures your concerns are addressed, and maximises the value of your consultation time.

Why it matters:

When you're prepared and supported, you get better answers — and faster relief.

Step 3: Prepare Your Questions

Write down your top 3 to 5 questions or concerns.
For example:

What could be causing my symptoms?

Are any tests needed, and what do they involve?

What lifestyle or dietary changes might help?

Are there any safe medications or supplements I can try?

Step 1: Track Your Symptoms

Keep a symptom diary for 1 to 2 weeks before your appointment.

Include details such as:

Type and severity of symptoms (e.g., bloating, pain, diarrhea, constipation)

Frequency and timing (after meals, during stress)

Any triggers (specific foods, stress, medications)

Associated symptoms (fatigue, nausea, mood changes)

Tip: Use simple charts or apps to organise this info clearly.

Step 4: Communicate Clearly

During your appointment:

Be honest and detailed but concise.

Share your symptom diary and history notes.

Mention how symptoms affect your daily life and mental wellbeing.

Ask for explanations if you do not understand medical terms.

Step 2: Know Your Medical History

Gather relevant health information including:

Previous diagnoses related to gut health or other conditions

Current medications, supplements, or probiotics

Past tests (blood work, endoscopy, stool tests) and their results

Family history of gastrointestinal diseases (e.g., IBD, celiac disease)

Step 5: Plan Next Steps

At the end of the appointment, clarify:

Diagnosis or working hypothesis

Recommended tests or referrals

Treatment options and expected outcomes

Follow-up plan and how to contact your doctor with questions

"I went into my GP appointment feeling more prepared than I ever have. The guide helped me organise my thoughts, track my symptoms clearly, and ask the right questions. For the first time, I felt like I was really heard — and we finally made progress. I honestly wish I'd found Simply Gut Health sooner."
Jessica T. From Cheshire

Ready for More Support? Let's Take the Next Step — Together.

This free guide is just the beginning. If you're dealing with complex gut symptoms, preparation is powerful — but personalised guidance is transformational.

Explore our full range of support services, including:

- Doctor Appointment Prep Kit (£15): Tailored tools to help you walk into your appointment with confidence — including symptom trackers, question prompts, and history templates based on your unique experience.
- 1:1 Consultations with Gut Health Specialists: Get personalised advice from professionals who truly understand conditions like Rumination Syndrome, IBS, functional dyspepsia, and more
- Self-Guided Programs and Resources: From meal planning to lifestyle tweaks, access practical tools designed with your gut in mind.

Discover your best next step here:
<https://linktr.ee/SimplyGutHealth>

Scan me!



My Main Symptoms

(Describe what you're experiencing. Be specific about timing, triggers, severity, and frequency.)

Example prompts:

When do your symptoms occur?

What seems to trigger or relieve them?

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Questions I Want to Ask My Doctor

(Write down 3–5 key questions or concerns you want to raise.)

Example prompts:

What could be causing my symptoms?

Are there tests I should consider?

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Key Information to Share

(List any medical history, medications, tests, or diagnoses relevant to your gut health.)

Example prompts:

Past test results

Family history of digestive conditions

Current medications or supplements

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What I Want to Leave the Appointment With

(Set an intention for what you hope to walk away with.)

Example prompts:

A clear next step or test plan

A diagnosis or possible explanation

A referral or treatment recommendation

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Remember: You are your best advocate. When you prepare well, you get better answers and faster relief.

Start with the basics, and when you're ready, let us help you go deeper with a guide that speaks to your unique experience.