It’s time for a gut check

Uncomfortable GI symptoms are common and happen to most people at some point. Stomach pain, painful constipation and frequent diarrhea are just a few of the symptoms stopping millions of Americans from their daily activities. Are they stopping you from doing what you love?

Don’t be afraid to speak up. Taking control of your health starts with talking to your health care provider about your symptoms.

Know your normal

Changes in bowel habits can signal a condition that should be talked about with your health care provider.

1 out of 5 people would rather search online for information about their stomach problems than talk to anyone about them, including their health care provider. Many GI-related issues present similar symptoms, making it harder to know what’s causing them. If left untreated, many symptoms can worsen over time.

You don’t have to suffer in silence

Talk to your health care provider about your symptoms. If you need one, ask for a referral to a gastroenterology specialist who can help you come up with a treatment plan to improve your daily life.

Know what symptoms to look for:

✓ Sudden changes in bowel frequency
✓ Changes in what your stool looks like
✓ Frequent gas
✓ Constipation (infrequent or hard-to-pass bowel movements)
✓ Diarrhea (watery, loose stools three or more times a day)
✓ Blood in your stool
✓ Sudden or strong stomach pain

Trust Your Gut encourages patients to speak up about bowel symptoms, know their normal and seek help from their health care provider. For more information visit: patient.gastro.org/trust-your-gut/