1 in 5 people would rather search online for information about GI symptoms than talk to their health care provider. Speak up — talking to your provider is vital to understanding your symptoms and the cause.

Do you know your normal?

Don’t delay — ask your health care provider if you experience:

- ✓ Sudden changes in bowel frequency
- ✓ Changes in what your stool looks like
- ✓ Frequent gas
- ✓ Constipation
- ✓ Diarrhea
- ✓ Blood in your stool
- ✓ Sudden or strong stomach pain

Don’t suffer in silence

Small changes can have a powerful impact. Trust Your Gut and take control of your health:

Know your normal:
Changes in bowel habits can signal a condition that should be talked about with your provider.

Start the conversation:
GI symptoms are common and happen to most people. Don’t be afraid to speak up.

Don’t wait:
GI conditions are often treatable. You don’t have to suffer in silence.

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