



QUESTIONS TO DISCUSS WITH MY TREATING PHYSICIAN(S)

What should I expect or is normal in terms of the number of bowel movements I should experience each day? Each week?

How long should I wait before doing something to improve the number of my bowel movements?

How can I get my body (re)trained to have regular bowel movements?

Is there an exercise routine or physical activity that would help with my chronic constipation?

How should I change my diet to reduce episodes of constipation?

- Will certain foods help make my stools less hard?
- What's the best way to get more fiber in my diet?
- Are there foods I should avoid because they will make the problem worse?
- How much fluid (and what type) should I drink throughout the day?

Are any medications, vitamins, or daily routines causing or worsening my constipation?

I've heard that stress can cause constipation or make my constipation worse. How do I overcome this?

If it's a chronic situation, what are the latest products/medications available to help my situation?

- Do these come with side effects that will be just as unpleasant?
- How will these therapies/medications affect my gut health in the long run?
- Which treatments do you most recommend?
- Are there any that I should take every day (or avoid taking every day and only use, as needed)?

If the consistency of my stools change, what should I do? I've heard that some medications may relieve constipation but with explosive diarrhea. What has been your experience with your patients?

I've heard about this drug-free vibrating capsule that helps my gut-brain rhythm.

- What do you know about this vibrating capsule?
- Do you think it's something I should consider?
- The capsule has some contraindications; do any of these apply to me?
 - History of complicated/obstructive diverticular disease
 - History of obstruction in the small intestine or colon

- Significant gastroparesis
- Significant gastrointestinal disorder
- Zenker's diverticulum
- The capsule has some precautions; do any of these apply to me?
 - Pelvic floor dyssynergia
 - Chronic use of non-steroidal anti-inflammatory drugs
- Are the side effects with this drug-free treatment less than with medications?

When should I consider the problem solved (or when should I recognize it has gotten worse and I should call your office)?

For more information and full **Indications For Use (IFU)**, please visit the Vibrant Gastro Healthcare Professionals website at <https://www.vibranthcp.com/>.

