

# Patient information from BMJ

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## Irritable bowel syndrome: questions to ask your doctor

**If you have irritable bowel syndrome, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.**

- How do you know I have irritable bowel syndrome?
- Could it be a more serious illness?
- Do I need any tests?
- Do you know what's causing it?
- What treatment do I need?
- What should I do if treatment doesn't work?
- What medicine can I take to help with pain, diarrhoea, or constipation?
- What can I do myself to help control my symptoms?
- Do I need to change my diet?
- Does stress make my irritable bowel syndrome worse?
- Are there any alternative or complementary treatments?

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