



IBD Appointment Planner

A practical planner to help you prepare for, take notes during, and follow up after an IBD appointment.

Name:	Appointment date:
IBD Type:	Appointment with:

Before the appointment

- | | | |
|---|--|---|
| ☐ Symptoms have changed | ☐ Possible flare | ☐ Medication question |
| ☐ Test results to discuss | ☐ Food / nutrition question | ☐ Growth / weight question |
| ☐ School / daily life concerns | ☐ Side effects / concerns | ☐ Other question |

What has been happening since the last appointment?

Questions I want to ask

Question	Notes / answer

What did we discuss?

Symptoms, test results, diagnosis, treatment, school, nutrition, growth, wellbeing or anything else discussed.

Medication and treatment

Medication / treatment	Change?	Dose / timing	Instructions / notes

Tests, referrals or follow-up

- | | | |
|--|--|--|
| ☐ Blood tests | ☐ Stool tests | ☐ Imaging / scan |
| ☐ Specialist referral | ☐ Dietician / nutrition | ☐ Other follow up |

What needs to happen next, and by when?

Plan until the next appointment

What we are doing	Who is responsible	When / review date

At a glance

Main symptoms / concerns	
Current treatment	
Changes made	
Tests / results	
Next steps	
Follow-up date	

Things I don't want to forget

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Next appointment

Date:	Who with:
Questions:	What to track before then:

Keep this planner with your child's other IBD information and bring it to appointments.