

### ---- DIARRHEA\* ----

#### PC

- Clarify what patients mean by diarrhoea.
- They may complain of frequent stools or of a change in consistency of the stools – stools have become loose or watery, or a pattern of bowel movement that's different from their normal.
- Normal frequency ranges from three bowel movements daily to once every 3 day

#### HPC

- How long has this been happening? (acute <2wks)
- How many times do you visit the toilet to pass stool since then? How many times do you normally go?
- Can you describe your bowel movement? is it soft, firm, loose or watery?
- Any blood or mucous in the stool? (suggest inflammatory bowel disease, invasive enteric infections eg. Shigella, Salmonella, campylobacter)
- Did you notice that your stool was pale, smelly or its difficult to flush? It stains the toilet bowl? (steatorrhea/ fat malabsorption)
- Have you had problems with leaky stool, you cant control your toilet? (fecal incontinence)
- Are all visits to the toilet to pass poo the same? Or on some visits its harder? (alternating with constipation indicate possible irritable bowel syndrome)
- Do you pass large or small volumes of stool?
- Do you have to run to the bathroom to have a bowel movement (fecal incontinence)
- Have you woken from sleep during the night just so you can visit the washroom to pass stool? (organic cause)
- Has it become better or worse? more or less toilet visits?
- Has this happened before? What did you do to make it better? Have you tried that again? Do you know what caused it then?
- Have you done anything now (new/old) for the diarrhea?

#### Associated symptoms

- Are you eating well?
- Are you passing urine well? If dehydrated –pass less urine and dark colored.
- Is this affecting your work or sleep?
- Have you had recent fever, rigors or chills? (e.g., infection, lymphoma)
- Do you have any tummy aches , vomiting, feeling of wanting to vomit, weakness or tiredness?

#### Associated symptoms (cont)

- How much water have you been drinking since this started? How much water do you normally drink?
- Have you lost weight? Particularly in recurrent or persistent/chronic diarrhoea (e.g., cancer, malabsorption)
- Malabsorption symptoms: bloating, abdominal pain, flatus

#### PH

- Do have any problem with your joints, like your fingers or knees?
- Have you ever been told you have any condition such as arthritis, hyperthyroidism, or cancer?
- Have you ever had counselling for anxiety or depression {ensure}
- Do you suffer from HIV or malnutrition

#### HDA

- Are you currently taking any medicine?
- Note: anti diarrhoeal: Imodium, iopermide, gastropro
- anti-biotics: Clindamycin, cephalosporins, ampicilin
- Antibiotics, can cause a Clostridium difficile enterocolitis, or pseudo-membranous colitis. This can occur up to several weeks after antibiotic therapy.**
- Laxative: magnesium hydroxide, bisacodyl
- Antacids: containing Mg
- most drugs have diarrhea as a side effect*

#### FH

- Do you know if anyone else at home or work also have a similar illness? (outbreak)
- Are your parents alive and well? (dwell)
- Do you have any siblings (dwell)
- Did any of your family members have any problems with their tummy aches from what you are experiencing? stomach ache, vomiting etc
- Is there any member suffering from any long term diseases
- Has anyone in your family been told that they have a condition like cancer?

### SH

- what do you do for work?
- Where do you live?
- What is your water source? Do you always boil the water before you drink? Do you make sure to wash your hands before eating or preparing meals? Do you keep the place where you prepare food clean?
- How do you cook your food? Is it always cooked well?
- How are your toilet facilities? What type of toilet do you use?
- Do you smoke cigarettes? Does anyone else in the household smoke?
- Do you drink alcohol?
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- Do you remember what you ate before your diarrhea started?
- Did you recently go to any social function and eat/drink anything?
- Did you recently travel to any rural areas or overseas?
- Are you married? Do you have any children?
- DO you have any partners?
- Do you engage in safe sex, using condoms?

### -----CONSTIPATION-----

### PC

- Establish the PC as infrequent passage of stool (<3X weekly)
- Hard stool

### HPC

- When did it start? When was the last time you went to pass toilet?
- How many times do you usually pass toilet?
- How many times do you pass toilet now/before?
- Have you taken a look at your stool? have you noticed its hard or soft?
- Do you pass gas/ fart? (if no, may be complete obstruction)
- Do you have any pain while passing toilet? (anorectal disease)
- Do you have to really strain your self?
- Is this something that's constantly happening? or is there some days where you have to pass stool more often, something like diarrhea?
- Do you notice any blood, or anything slimy like mucous?

### HPC (cont)

- Did you take anything to make it better like medicine or drinking lots of water? did it help?

### Associated Symptoms

- Appetite
- Urine output
- Sleep: depression-not sleeping well
- Activity: work, school
- Abdominal pain
- If there is abdominal pain: is it relieved by passing poo? IBS, intestinal obstruction
- Tenesmus (sensation of incomplete evacuation on defecation)
- Abdominal distension
- Bloating
- Fever
- Weight changes : if chronic
- Weight loss: colon cancer
- Weight gain: hypothyroidism

### PH

- Have you had any surgeries for your gut?
- Have you ever been told by a doctor to have a condition such as inflammatory bowel disease?

### HDA

- Are you currently taking any medications?
- Are there any home remedies you have tried?
- Do you have any allergies?

### FH

- Has anyone in your family ever been told by a doctor to have a condition known as colorectal cancer? or any cancer of the body?
- IBD

