



## Digestive Health Questionnaire

Studio You Questionnaire

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Your answers to this questionnaire will assist your practitioner in gaining information about your current symptoms and health concerns. Please answer all questions, in each section.

Tick the box which best describes the frequency or severity of your symptoms over the previous month, or answer the yes or no questions .

<b>GASTROINTESTINAL</b>				
<b>Stomach: Hypoacidity</b>	Never	Occasionally	Moderately / Often	Frequently / Daily
1. Indigestion				
2. Excessive belching, burping				
3. Bloating or fullness commencing during or shortly after a meal				
4. Sensation of food sitting in stomach for a prolonged period after a meal				
5. Bad breath				
6. Loss of appetite, or nausea				
7. History of anaemia				

TOTAL: \_\_\_\_\_

**Stomach: Hyperacidity**

	Never	Occasionally	Moderately / Often	Frequently / Daily
1. Stomach pain, burning or aching, 1- 4 hours after eating				
2. Feeling hungry just an hour or two after eating				
3. Indigestion or heartburn from spicy or fatty food, citrus, alcohol, or caffeine				
4. Stomach discomfort or pain in response to strong emotions, thoughts, or smell of food				
5. Heartburn aggravated by lying down or bending forward				
6. Antacids, carbonated beverages, milk, cream or food relieve the above symptoms				
7. Constipation				
8. Difficulty or pain when swallowing				
9. Black tarry stools				
10. Vomiting blood or vomitus has appearance of coffee-grounds				

TOTAL: \_\_\_\_\_

**Small Intestine/Pancreas**

1. Indigestion, bloating and fullness for several hours after eating				
2. Abdominal cramps or aches				
3. Nausea and/or vomiting				
4. Excessive passage of gas				
5. Diarrhoea (loose, watery or frequent bowel movements)				
6. Constipation (requiring straining, or a hard, dry or small stool)				
7. Alternating constipation and diarrhoea				
8. Undigested food in stools				
9. Stools greasy, smelly or stick to toilet bowl				
10. Black tarry stools				
11. Certain foods worsen abdominal symptoms				
12. Dry flaky skin and dry brittle hair				

TOTAL: \_\_\_\_\_

	Never	Occasionally	Moderately / Often	Frequently / Daily
<b>Colon</b>				
1. Lower abdominal pain, cramping and/or spasms				
2. Lower abdominal pain relieved by passing gas or stool				
3. Excessive gas and bloating				
4. Certain foods or stress aggravate lower abdominal pain				
5. Diarrhoea (loose, watery or frequent bowel movements)				
6. Constipation (requiring straining, or a hard, dry or small stool)				
7. Alternating diarrhoea and constipation				
8. Sensation of incomplete emptying of bowel				
9. Extremely narrow stools				
10. Mucus or pus in stool				
11. Red blood with bowel movement				
12. Rectal pain or cramps				
13. Anal itching				

TOTAL: \_\_\_\_\_

**Liver/Gall Bladder/Pancreas**

1. Upper abdominal pain, or pain under ribs				
2. Bloating or feeling of fullness after eating				
3. Excessive belching or gas				
4. Fatty foods cause indigestion or nausea				
5. Loss of appetite				
6. Nausea and/or vomiting				
7. Unexplained itchy skin				
8. Yellowish discolouration of skin or eyes, or dark coloured urine				
9. Pale clay-coloured stools				
10. Fatigue, malaise or weakness				
11. Fluid retention, oedema				
12. Easy bruising, or bleeding (e.g. of gums)				
13. Loss or thinning of body hair				
14. Red skin, particularly on palms				
15. Dry, flaky skin, or dry hair				

TOTAL: \_\_\_\_\_