

eWellness Questionnaire

Helping you one question at a time!

IRRITABLE BOWEL

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

- 1. R F A Consume breads / pastas / starches
- 2. R F A Yeast / Fungal problems

- 3. R F A Unexplained weight loss
- 4. R F A Nervousness or irritable

Section 2

- 5. R F A A family history of heart disease
- 6. R F A Alcohol use extensively
- 7. R F A Eat fast food
- 8. R F A Eat pre processed / packaged foods
- 9. R F A Consume sweets
- 10. R F A Drink cow's milk

- 11. R F A Consume white sugar
- 12. R F A Consume refined carbs
- 13. R F A Consume wheat or gluten
- 14. R F A Consume artificial flavorings
- 15. R F A Family or financial stressors

Section 3

- 16. R F A Difficulty going to sleeping
- 17. R F A Difficulty staying asleep
- 18. R F A Can't loose weight
- 19. R F A Slow metabolism
- 20. R F A Overweight

- 21. R F A Thyroid problems
- 22. R F A Too much stress / tension
- 23. R F A Fatigued or tired
- 24. R F A Thyroid medication

Section 4

- 25. R F A Erectile dysfunction
- 26. R F A Pre-menopausal
- 27. R F A Peri-menopausal
- 28. R F A Suffer from PMS
- 29. R F A Vaginal discharge
- 30. R F A Birth control
- 31. R F A Irregular periods
- 32. R F A Excessive period bleeding
- 33. R F A Ovarian cysts
- 34. R F A Fibrocystic breasts

- 35. R F A Increase in urination
- 36. R F A Pelvic pain or cramping
- 37. R F A Loosing your memory
- 38. R F A Hot flashes / sweats
- 39. R F A Thinning hair or brittle hair
- 40. R F A Sexually transmitted diseases
- 41. R F A Decrease in sex drive
- 42. R F A Pain with sex
- 43. R F A Hormone replacement

Section 5

- 44. R F A High blood pressure

Section 6

- 45. R F A Restless leg syndrome

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Section 7

- 46. R F A Heart burn or reflux
- 47. R F A Upset stomach
- 48. R F A Belching
- 49. R F A Ulcers
- 50. R F A Heartburn medication
- 51. R F A Indigestion or bloating
- 52. R F A Abdominal cramps or pain
- 53. R F A Irritable bowel syndrome
- 54. R F A Diarrhea
- 55. R F A Inflamed intestine - "Leaky gut"

- 56. R F A Dark black / tarry stools
- 57. R F A Blood streaked stools
- 58. R F A Blood on the toilet paper
- 59. R F A Crohn's Disease
- 60. R F A Ulcerative colitis
- 61. R F A Colon polyps
- 62. R F A Diverticulitis
- 63. R F A Constipation
- 64. R F A Laxitives

Section 8

- 65. R F A Blood in your urine

Section 9

- 66. R F A Headaches or migraines
- 67. R F A Difficulty exercising
- 68. R F A Fibromyalgia
- 69. R F A Chronic fatigue syndrome
- 70. R F A Back pain or neck pain
- 71. R F A Muscle relaxors

Section 10

- 72. R F A Anti-depressants
- 73. R F A Brain fog - lack of concentration

Section 11

- 74. R F A Anxiety / anxiousness
- 75. R F A Problems relaxing

Section 12

- 76. R F A Allergies

Section 13

- 77. R F A Sick more often
- 78. R F A Recently taken antibiotics