Patient Name

Person Completing Form

Appointment Date

Physician Name

Shared-Decision Making Guide for Constipation

ECHO AUTISM COMMUNITIES

Use this guide to help make decisions about the treatment of constipation.

Shared decision-making is a collaborative approach for patients/families and their physicians to discuss available healthcare options, share concerns, communicate preferences, and weigh the benefits and risks of all options.

STEP 1: SHARE INFORMATION WITH YOUR PHYSICIAN

	Information sharing prompts:	Note details about the information you want to share:
☐	How many meals & snacks per day are typical for you/your child	
☐	Foods consumed by you/your child in a typical day	
☐	Beverages consumed by you/your child in a typical day	
☐	Food allergies/diet restrictions recommended by a clinician	
☐	Foods/Beverages you/your child will not eat	
☐	Current list of medications & supplements	
☐	If you/your child is toilet trained for urine, stooling, or both	
☐	Typical bowel habits & current concerns	
☐	Strategies tried to improve constipation	
☐	Are stooling problems a(n) new concern, ongoing concern, or concern that comes and goes	

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STEP 2: PHYSICIAN ACTION PLAN

Goal of Plan:	
Plan Instructions:	

STEP 3: ASK YOUR PHYSICAN FOLLOW UP QUESTIONS

	Potential question prompts:	**Note physician answers:** (Check for understanding by repeating back what the physician said.)
☐	Are there any dietary changes/recommendations to consider?	
☐	Would bowel training be beneficial for managing constipation?	
☐	What side effects are common with this treatment plan?	
☐	How will I know if this treatment plan is helping, **AND** how long should it take to see improvement?	
☐	What symptom/s indicate a change in the treatment plan is necessary?	
☐	Who do I call if I have updates or concerns?	
☐	How long before I should schedule a follow-up visit?	

Additional Notes: