



When Digestive Symptoms Need a Closer Look™

Most digestive changes are not emergencies, but certain patterns deserve medical guidance rather than another round of self-experimenting.

Use this guide to help decide what kind of follow-up may be appropriate.

1 Schedule a Healthcare Visit

Arrange an appointment when symptoms are persistent, recurring or affecting daily life.

- ☐ Bloating, reflux, constipation or diarrhea that keeps returning
- ☐ A new bowel-habit change that lasts
- ☐ Regular pain, nausea or excessive fullness after eating
- ☐ Symptoms that repeatedly wake you at night
- ☐ Difficulty managing symptoms without frequent remedies
- ☐ Digestive symptoms affecting nutrition, sleep or quality of life



2 Contact Your Provider Promptly

Seek timely guidance for symptoms that may need closer evaluation.

- ☐ Blood in the stool or black, tarry stools
- ☐ Pale or clay-colored stools
- ☐ Trouble swallowing or food feeling stuck
- ☐ Repeated vomiting or inability to keep fluids down
- ☐ Unexplained weight loss, loss of appetite or increasing weakness
- ☐ Fever with significant abdominal symptoms
- ☐ New symptoms after starting a medication or supplement



3 Seek Urgent or Emergency Care

Do not wait when symptoms are severe, sudden or rapidly worsening.

- ☐ Severe or worsening abdominal pain
- ☐ A rigid, very swollen or rapidly enlarging abdomen
- ☐ Inability to pass stool or gas with pain or vomiting
- ☐ Fainting, confusion or signs of severe dehydration
- ☐ Vomiting blood or material that looks like coffee grounds
- ☐ Chest pressure, shortness of breath, sweating or pain spreading to the arm, back, neck or jaw



Prepare for the Conversation



When symptoms began



How often they occur



What makes them better or worse



Medications, supplements and recent changes



Martine's Midlife Wellness Tip

You do not need to solve the cause before asking for help.
A clear symptom timeline is already useful information.



*This educational guide cannot determine the cause or urgency of your symptoms.
When in doubt, contact a qualified healthcare professional.*

