



Questions to Ask About Digestive Testing™

Prepare for a clearer conversation before choosing blood, breath, stool, imaging or endoscopic testing.

*Bring your symptom history, medication list and questions.
Testing is most useful when it is connected to a specific concern.*

1 Clarify the Purpose

- ☐ What are we trying to explain or rule out?
- ☐ Why is this test appropriate for my symptoms?
- ☐ Are there simpler evaluations to begin with?
- ☐ What would make testing more urgent?



2 Understand the Test

- ☐ What does this test measure?
- ☐ How accurate and well-validated is it?
- ☐ What can it miss or misinterpret?
- ☐ Could medications, supplements or diet affect the result?



3 Ask How to Prepare

- ☐ Do I need to fast or change my diet?
- ☐ Should I pause any medication or supplement?
- ☐ How is the sample collected?
- ☐ What should I expect during and after the test?



Never stop prescribed medication without guidance.

4 Plan for the Results

- ☐ How will the result change my care?
- ☐ What happens if the result is normal?
- ☐ Could an abnormal result need confirmation?
- ☐ Who will interpret the findings with me?
- ☐ When should the test be repeated, if ever?



Before Your Appointment

My main symptoms: _____

When they began: _____

How often they happen: _____

What makes them better or worse: _____

Recent medications, supplements, illness or travel: _____

Testing May Include



Depending on your symptoms, evaluation may involve blood tests, breath tests, stool tests, imaging, endoscopy, colonoscopy or other targeted assessment.



A Note About Comprehensive Panels

More data does not always create more clarity. Ask whether each marker is clinically validated and how it would guide a decision.

Martine's Midlife Wellness Tip

The most useful question may be:
What will we do differently based on this result?



*This guide supports healthcare conversations and does not recommend a particular test.
New, severe or rapidly worsening symptoms need appropriate medical evaluation.*

