

## Digestive screening questionnaire

Name \_\_\_\_\_  
Date \_\_\_\_\_

History		
Have you had your zinc levels checked in the last 6 months	yes	no
How many glasses of water do you drink per day		
How many servings of fruit do you EAT each day		
Do you eat sushi	yes	no
Do You consume any dairy products	yes	no
Have you taken antibiotics in the last 6 months or for an extended period of time during the last 10 years	yes	no
Have you traveled out of the country in the last 10 years	yes	no
Have you ever had any type of food allergy / sensitivity testing performed	yes	no
Have you been diagnosed with any of the following		
Ulcers – gastric duodenal	yes	no
GERD / Reflux	yes	no
Pancreatitis	yes	no
Celiac disease	yes	no
IBS / IBD / Colitis	yes	no
Do you take		
OTC antacids	Yes	No
OTC Laxatives / Fiber	Yes	No
Other digestive aids? List on Back	Yes	No
Prescription medicines for digestion: List on Back	Yes	No

Upper GI – Burning, GERD, Indigestion		
My stomach burns / hurts even when empty. (Not hunger pangs)	yes	no
Eating or drinking relieves above	yes	no
Eating or drinking makes it worse	Yes	no
My stomach starts burning or I get bloated immediately after or while eating or drinking	yes	no
My Stomach starts burning or I get bloated 30 min to several hours after I eat or drink	yes	no
Certain foods seem to make this worse: Please List:		
What relives this?		
I have been diagnosed with “Reflux” or “GERD”	yes	no
If so, it is worse lying down or all the time	yes	no

Lower GI – Gas, Bloating, Cramping, Constipation, Diarrhea		
I have at least 1 normal bowel movement each day. <i>Normal is a large med. Brown, well-formed stool w/o cramping, strain or pain</i>	Yes	No
My stools are often		
Small and round or hard	Yes	No
Thin - pencil like	Yes	No
Pasty or fatty	Yes	No
Loose	Yes	No

Very foul		Yes	No
		I often get really gassy and:	
Yes	No	It's not nice but not really offensive	
Yes	No	Very offensive and embarrassing	
Yes	No	Do any foods aggravate ? please list	
Yes	No	I often have to strain to have a bowel movement	
Yes	No	I often have cramping and pain with a Bowel movement	
Yes	No	I often have abdominal cramping and pain even without a bowel movement.	
Yes	No	I notice undigested food in my stool. Especially vegetable matter	

### Nutritional Exam points and history

Zinc	Strong	Med	Mild	None
HCL point	Strong	Med	Mild	OK
Enzyme	Strong	Med	Mild	OK
Gallbladder	Strong	Med	Mild	OK
Liver	Strong	Med	Mild	OK

Prescription medicines for digestion; please list past and current and length of time taken:

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