

# Patient information from BMJ

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## Crohn's disease: questions to ask your doctor

**If you've been diagnosed with Crohn's disease, you may want to talk to your doctor to find out more.**

Here are some questions you might want to ask:

- How do you know I have Crohn's disease?
- Where can I find out more about Crohn's?
- Is there a support group in my area?
- Are there online support groups you'd recommend?
- Should I change my diet? Are there any foods I should avoid?
- Can I see a dietitian?
- Do I need to take vitamin tablets or other supplements?
- Is it a good idea to use over-the-counter treatments for pain or diarrhoea?
- Is there a choice of drug treatment for a flare-up?
- What do I do if my treatment doesn't work?
- Can I change drug treatments if I'm getting side effects?
- Is it worth taking treatment regularly, to prevent flare-ups?
- How will having Crohn's affect my ability to work?
- Will I need to change my lifestyle?
- Can you help me to stop smoking?
- When is surgery used to treat Crohn's disease?
- Will I need tests to make sure I don't have bowel cancer?

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