

# *A New Health*

## Small Intestine Bacteria Overgrowth Self Assessment

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

Please take your time and answer these questions as accurately as you can. Indicate the severity of each symptom as follows: 0 = None/Never to 4 = High/Always. If you do not understand a question, write a "?" by the answer column. Please do not self diagnose. Only give a positive answer if it is a confirmed medical diagnosis. Thank you.

I have bloating/abdominal gas	0	1	2	3	4
I have bloating/burping after meals	0	1	2	3	4
I have abdominal pain, or cramps	0	1	2	3	4
I have constipation (push/strain, hard, dry stool, pellets)	0	1	2	3	4
I have constipation; when I take fiber, my constipation worsens	0	1	2	3	4
I have alternating constipation and diarrhea	0	1	2	3	4
I developed chronic GI/gut symptoms after taking opiates	0	1	2	3	4
I have diarrhea	0	1	2	3	4
I have constipation and diarrhea	0	1	2	3	4
I have heartburn/reflux/GERD	0	1	2	3	4
I have nausea or nausea with belching	0	1	2	3	4
I have leaky gut or intestinal permeability	0	1	2	3	4
I have IBS	0	1	2	3	4
I have IBD (Crohn's or ulcerative colitis)	0	1	2	3	4
I have diverticulitis	0	1	2	3	4
I have food sensitivities	0	1	2	3	4
I have lactose intolerance	0	1	2	3	4
I have a dairy sensitivity and/or trouble with dairy	0	1	2	3	4
I have celiac disease (CD) or gluten sensitivity	0	1	2	3	4
I have CD and am on a gluten free diet and I still don't feel well	0	1	2	3	4
I have gluten-sensitivity, avoid gluten and still don't feel well	0	1	2	3	4
On a CT scan, they couldn't see my pancreas due to a gas bubble	0	1	2	3	4
I have fat in my stool (steatorrhea)	0	1	2	3	4
I have NASH (non-alcoholic steatohepatitis) or fatty liver	0	1	2	3	4
I have liver cirrhosis	0	1	2	3	4
I have fibromyalgia	0	1	2	3	4
I have chronic fatigue syndrome	0	1	2	3	4
I have joint pain	0	1	2	3	4
I have restless leg syndrome	0	1	2	3	4
I have skin issues: eczema, atopic dermatitis, psoriasis	0	1	2	3	4
I have rosacea or acne rosacea	0	1	2	3	4
I have scleroderma or lupus	0	1	2	3	4
I have breathing issues, problems or difficulties	0	1	2	3	4
I have headaches	0	1	2	3	4
I have brain symptoms: brain fog, memory problems	0	1	2	3	4

I have autism	0	1	2	3	4
I have chronic B12 deficiency anemia	0	1	2	3	4
I have chronic iron deficiency anemia	0	1	2	3	4
I have chronic low ferritin with no apparent cause	0	1	2	3	4
I have a chronic vitamin D deficiency	0	1	2	3	4
I have interstitial cystitis	0	1	2	3	4
I have diabetes type I or type II	0	1	2	3	4
I have hypothyroidism	0	1	2	3	4
When I have taken antibiotics I had dramatic, though transient/brief improvement in my GI/gut symptoms	0	1	2	3	4
I can't take probiotics, or when I have taken probiotics with prebiotics (FOS, arabinogalactan) my GI/gut symptoms worsened	0	1	2	3	4
When I take fiber, my GI/gut symptoms worsens	0	1	2	3	4
I had food poisoning and I've never felt the same since	0	1	2	3	4
I tend to graze/nibble throughout the day rather than eat 3 square meals	0	1	2	3	4
I like to eat starches/grains/carbs and include them in most meals and often as snacks (bread, baked goods, pasta, rice, etc.)	0	1	2	3	4
I currently eat or have a history of eating lots of grains/carbs/starches and feel I don't do well when I eat them	0	1	2	3	4
I used to eat starches/grains/carbs and don't eat them anymore	0	1	2	3	4
I was delivered by cesarean (C-section)	0	1	2	3	4
I was not breast fed as a baby	0	1	2	3	4
My mother (& perhaps grandmother) had same digestive problems as me	0	1	2	3	4
As a child, eating at the dinner table was not a pleasant time or we did not eat at the table (grab & go, eat alone, in front of TV, etc.)	0	1	2	3	4
I was given antibiotics regularly as a child (ear infection, tonsillitis, strep throat, etc)	0	1	2	3	4
I have taken antibiotics often or regularly as an adult	0	1	2	3	4
I have taken oral birth control pills regularly as an adult	0	1	2	3	4
I have experienced periods of severe stress or shock	0	1	2	3	4
I have taken morphine or opiates	0	1	2	3	4

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TOTAL PAGE ONE & PAGE TWO: \_\_\_\_\_